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Naturally Flavoured Club Soda with a HINT of Lemon and Lime. Refreshingly Unsweetened and Low Sodium.





HERE'S WHAT YOU HAD TO SAY ABOUT BEST HEALTH!

THANKS FOR YOUR FUN AND INFORMA-

tive May issue! This time of year makes me yearn to revamp my beauty routine and step into the sun in style. As a (ahem) 40-something, I was especially interested in your article on three rules for aging hair. Face-framing layers with lots of move-

ment? I'm in! I also like the tip about how lighter hair can decrease maintenance and, being a busy mom, that's what I'm after. Chef David Gunawan has inspired me to brine my chicken before roasting (who knew?), so I'm super-excited to see how that turns out. All in all, a great read, and I look forward to what's next.

- LEAH LEITCH



SHARON AND FRIENDS

I AM PART OF A GROUP OF SEVEN WOMEN WHOSE friendship has snapped more than 50 years. Some of us

friendship has spanned more than 50 years. Some of us tend to stay in closer contact than others. Some don't see or talk to each other for close to a year. But one thing is certain: Come rain or shine, we all gather together in June each year to catch up on each other's lives, celebrate each other's accomplishments and lend a sympathetic ear to each other's difficult times. We have come to realize that we need this annual reunion and that our lives would not be as rich or as fulfilled without it. No matter what life may bring us, we know that we can count on each other. And, really, isn't that what friends are for?

- SHARON KEARNS

TODAY I HAD LUNCH WITH SIX OF

my sisters. None of us is blood related, but we met when East York Public Health put a group of new moms together (who all had their first babies between July and September 1993) at East York Community Centre. Twenty-one years later, those babies are now graduating from post-secondary education. We have been getting together once a month for dinner to laugh, cry, support and celebrate each other's lives. How lucky we all are to have met in such a way and continue to grow and learn with each other. - SUSAN HART

YOU HAVE DONE A BANG-UP JOB this month! I was excited just view-

ing the table of contents! The colours are bold, and the stories are great. There are even ads of products I have never heard of and want to try! I am sharing mine at the office. – ELAINE BEIERBACH

NOT ONLY DID I ENJOY YOUR SUMMER ISSUE BUT MY

16-year-old daughter did, too. Your well laid-out article "Get Glowing Skin & Luscious Locks," grabbed her attention. It was packed with nutrition info and fresh summer cooking ideas. I also loved the Shop Your Shape story. It gave me some great pointers for when I do the dreaded bathing suit shop. Your choice of suits took me back to when I was a teen – colourful and fun! – VICKY GRAFFOS

write+win

In 100 words or less, tell us what you think about our September issue. The winning letter will receive a prize pack from Marcelle (valued at \$152). Send your letters to besthealthmag@rd.com with WRITE + WIN in the subject line. Published letters may be edited for clarity. For a complete set of rules and more information on this contest, please visit besthealthmag.ca/writeandwin.

PRIZE MAY NOT BE EXACTLY AS SHOWN. THE CONTEST PERIOD OPENS ON AUGUST 05, 2015 AND CLOSES ON AUGUST 26, 2015 AT 23:59:59 (EDT).



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3ETH'S PHOTO, GENEVIÈVE CHARBONNEAU; FENNEL, SHUTTERSTOCK

Me.Just me.

THAT'S THE REASON I DRAG my butt out of bed to exercise, whether it's a sweltering Saturday in early September or a frigid Fri-

I started my routine to get fit; now I do it to get me. See, when I move my body, I open my world to magical moments of clarity. Of hope.

day in the depths of February.

Being active ignites a blaze of benefits, all of which you can read about in our "It's Your Move!" special, starting on page 64. Here, we explore the idea of spending time outside and reaping the physical and emotional benefits of walking, running and hiking.

But one benefit we rarely hear about is this: Being active can help dissolve the gunky layer of fear that clouds your view and grounds your ambition. Before I started walking, I was afraid of so many things: predators, getting lost, injuring myself. And guess what happened? All of those things!

I've come face to face with coyotes, gotten lost in oldgrowth forest and taken many a tumble. The worst was when I broke my ankle and had to create a makeshift cane from a broken branch to hobble home. (Since that



 $\begin{array}{c} \textbf{BETH THOMPSON} \\ Editor\text{-}in\text{-}chief \\ \textbf{FOLLOW ME ON} & \textcircled{\textbf{@}} & \textcircled{\textbf{@}} \textbf{MOREBETH2} \end{array}$

incident, I always carry my phone!) But I lived to tell about it – and that's the punchline.

Here's what else walking has taught me that I've since applied to everyday living: Dealing with fear does not require abandoning reason. In fact, the opposite is true: Overcoming fear is about embracing practicality. By understanding risks and preparing for them, you free yourself from their gluey hold.

And without that sticky glaze of dread forming a boundary around your life, your world opens up in new and glorious ways.

All this to say, if you don't want to move your body to get in shape,

lose weight or manage an illness, then do it to be a little less afraid.

Do it for the chance to come face to face with you, not the mother/wife/sister/colleague version of yourself.

You. Just you.

Beth

WHAT I'M LOVING THIS ISSUE

BEST LOOKS (BOTTOMS UP, PAGE 40)

BEST YOU +

{GEAR UP, PAGE 70}

BEST EATS



{VEGGIE UP, PAGE 112}

10 SEPTEMBER 2015 best health



Now is a great time to look after your health, and with New Roots Herbal, we've got you covered. Our probiotics give you a multitude of choice for health benefits, such as helping boost your immune system; preventing disease, constipation, diarrhea, and more; while maximizing nutrient absorption for better health.

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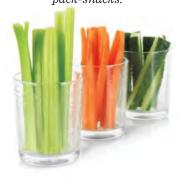


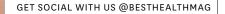
RUN WITH 17

Autumn is prime running season. Whether you want to increase your speed, learn about what to expect at your first race, or simply get started with your very first running program, we've got expert advice and triedand-true tips at besthealthmag. ca/best-you/running.

Snack Smart

The first rule of healthy eating is to be prepared. (We simply can't be held responsible for the unhealthy choices we make while hungry!) For packable snacks that will keep hunger at bay, visit besthealthmag.ca/ pack-snacks.













IT'S LIKE THE ICING ON THE ICING ON THE CAKE.



Milk Every Moment.ca



{nutrition insider}

TEFF LOVE

We asked *Margot Micallef*, founder of Gabriella's Kitchen*, for her best smart noshing tips

How do we cut through the jargon on food packaging to better understand what we're buying?

I focus on three main things when deciding what to buy: First, are the ingredients natural and recognizable? Next, are the health claims supported by Health Canada or another accredited organization? And then I ask myself if my family will eat this. You can't sustain eating foods that nobody else in your house likes.

Is there a key nutrition trend to look out for this season?

Resistant starch foods will be a hot topic. These are foods like legumes and teff – a poppyseed-size grain harvested from a type of grass in the Ethiopian Highlands of Northeast

Africa – that are high in resistant fibre. This helps improve digestion, regulate blood sugar levels and assist with weight management. If you haven't heard about teff yet, you will. It's gluten-free and rich in minerals, and one cup of cooked teff provides as much calcium as half a cup of cooked spinach. Gabri-

ella's Kitchen is launching a line of teff pasta this year.



What's your number one healthy eating tip?

My motto is, "Don't count calories; make every calorie count." That means that every calorie I consume needs to pack a nutritional punch to make me choose that food over another. You have to ask yourself, "Are these calories worth it?"

 ${\it *Gabriella's Kitchen manufactures for tified and gluten-free pastas.}$





THE HOMEMADE VEGAN PANTRY:

THE ART OF MAKING YOUR OWN STAPLES by Miyoko Schinner, \$27, Random House Veteran author and PBS co-host of

Vegan Mashup Shinner puts fast and easy into "slow" food with approachable recipes. If you're new to the movement, this is a good entry point.



THE CANNING KITCHEN:

101 SIMPLE SMALL BATCH RECIPES

by Amy Bronee, \$28, Penguin Canada A mix of traditional recipes (strawberry

rhubarb jam) and contemporary forays (salted caramel pear butter) makes this the perfect pick for the newbie canner who likes to think outside the box, er, jar.



THE 22-DAY REVOLUTION: THE PLANT-BASED PROGRAM THAT WILL TRANSFORM YOUR BODY, RESET YOUR HABITS AND CHANGE YOUR LIFE

by Marco Borges, \$33, Celebra

With celebrity clients like JLo and Beyoncé, Borges has high-profile traction in the world of transformative diets. Here, he shares menus, tips and strategies for success.





THE NUMBER OF KILOGRAMS OF BLUEBERRIES PRODUCED ANNUALLY IN BC. IN FACT, CANADA IS THE THIRD-LARGEST GLOBAL PRODUCER OF NUTRIENT-DENSE AND JUICY HIGH-BUSH BERRIES.











LET'S CONNECT.





{beauty insider}

WE CAUGHT UP WITH...

Dr. Terry, Malaysian-born, London-based global skin care expert for The Body Shop, to get the scoop on amazing skin

Asian beauty routines are having a major impact on North American skin care trends. What is it about Eastern culture that is so inspiring? Asian women have always had skin care in their culture, and they learn how to look after themselves from a young age. Asia is also very into the holistic, natural side of skin care, as well as scientific ingredients.



You've developed a facial massage technique for applying product. What are some of the benefits of regular massage?

In the short term, it helps to flush the toxins out of your skin, which can reduce breakouts and puffiness. It also helps improve circulation and the absorption of ingredients, so you can maximize the investment you've made in your skin care. In the long term, all those benefits will help your skin renew itself, so you will look younger longer.

What other factors should women consider when taking care of themselves?

Three things: Eat well, sleep well, love well. Diet and sleep are very important, as we all know. And love not just yourself but what you do. Being creatively challenged and stimulated and doing what you're passionate about - play a role.

This interview has been edited for clarity and length.

Try this! Bouncy massage technique

Dr. Terry has specially designed a massage technique with memorable phrases. Do the routine twice when applying product to stimulate your lymphatic system, encouraging circulation and better absorption of the mask for skin that feels renewed and bouncy.



OVER THE RAINBOW

THE BODY SHOP VITAMIN C GLOW BOOSTING MOISTURIZER,

\$25. AND DROPS OF YOUTH

BOUNCY SLEEPING MASK, \$30



UNDER THE



QUENCHING THE FARTH







LEARN THE FIVE EASY STEPS TO DIY MASSAGE BY WATCHING THE VIDEO

We're loving this cool tool from KISS. InstaWave, \$70, is a completely idiot-proof way to get quick, cute curls. Start by holding the tool parallel to a section of hair. When you're ready, press the button and the barrel automatically rotates, catching and curling your hair. Press the button to release the hair and move onto the next section. In less than 10 minutes, you'll have bouncy, all-over waves.



Dew Drops

Enhance the power of your favourite moisturizer by mixing in **Fresh** Seaberry Skin Nutrition Booster, \$45. Made with camellia seed oil, you only need a drop or two of this antioxidant-rich formula to augment your morning routine.

3EAUTY INSIDER TEXT: MEGAN KIRKWOOD; PHOTOS, GEOFFREY ROSS

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- Children's Multi, formulated by recognized NDs, gives children the correct selection and dose of vitamins, minerals, and nutrients. This great-tasting, convenient powder can be mixed with water, juice, apple sauce, yogurt, and more!





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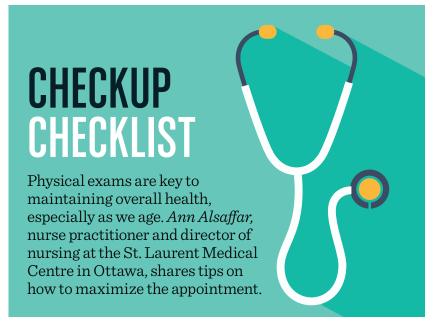


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{wellness insider}



Why should I make time for an annual check-in?

Although our bodies are built to last, we have to take care of them and respect them. Women should be coming in for a checkup annually, even if nothing is wrong. If we only see patients when they're sick or ill, we have no baseline for health. Physicals and checkups are a way of touching base and fostering your doctor/patient relationship.

How should I prepare for a physical?

If you're new to a physician, prepare this checklist:

- ☐ family medical history
- □ smoking history
- ☐ types and number of surgeries
- ☐ list of medications, immunizations and allergies

Otherwise, make a note of life changes or events that have happened since your last visit that may impact your health or well-being. Also, advocate for yourself: Inquire about specific tests for your age group or circumstances. For instance, if you've had a clean Pap test for three years in a row, then you can switch over to a three-year plan. Also, when you turn 50, you should discuss screening for colon and breast cancer, and a baseline EKG.

How can I maximize my nurse relationship?

Feel free to check in with your nurse if you need help understanding things your doctor has discussed with you. For example, nurses are a great resource to help you understand new medications and their side effects. Also, you may feel less rushed, or more able to express your general concerns to a nurse, so ask for a few minutes of their time before or after your physical with the doctor. Finally, you should note that you can ask a female nurse to be present during a pelvic exam with a male doctor.

The takeaway?

Nurses, like doctors, are available to help with your concerns. Your health and wellness is our priority.



Good on ya

Twenty years ago, brothers Bert and John Jacobs started hawking shirts out of a van along the east coast of the U.S. Now, the Boston-based brand is set to launch in Canada, partnering with the Redwood Shelter in Toronto and donating 10 percent of net profits to the women's centre. For more on this do-good company and to shop, visit *lifeisgood.com* for graphic tees, sleepwear, sweats and accessories.



34%

THE NUMBER OF PARENTS WHO ADMIT TO FEELING GUILTY THAT THEIR FAMILY DOESN'T EAT TOGETHER MORE OFTEN. WANT TO RECONNECT AT THE TABLE? CHECK OUT BARILLA SHARE THE TABLE AT BARILLA.CA FOR COOL TIPS.

STAT SOURCE: ANGUS REID FORUM FOR BARILLA CANADA; STETHOSCOPE, SHUTTERSTOCK

NOMINATE AN OUTSTANGING NURSE!

The 4th annual Best Health 2015 Nurse Excellence Awards are open for nominations.



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In appreciation of their devotion to their profession, three exceptional nurses will be selected. Each will receive a cheque for \$1,500 donated in their name to a healthcare charity of their choice. The winners will be announced in the November/December 2015 issue of Best Health magazine.

Hury! nominations close august 21, 2015

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Sest LOOKS IDEAS + INSPIRATION **MAPLE GLAZE** Not to get all syrupy, but we love Bite Beauty, especially when it launches Canadian exclusives like this maple-infused lip collection. So sweet! BITE BEAUTY LIMITED-EDITION MATTE CRÈME LIPSTICKS, \$28 EACH. CLOCKWISE FROM TOP LEFT: BRAISED MAPLE, SUGARED MAPLE, WARMED MAPLE, MULLED MAPLE, CANDIED MAPLE. photography by GEOFFREY ROSS est health SEPTEMBER 2015 21



BEST BETS

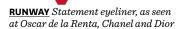
FALL'S BIGGEST HITS

Wallet-friendly picks that deliver the season's hottest trends



RUNWAY A rosy flush, as seen at Michael Kors, Kate Spade and Donna Karan

REAL WAY FLOWER BEAUTY WIN SOME, ROUGE SOME CRÈME BLUSH IN PRIMROSE & PROPER, \$9 Use a medium-sized brush to swirl this rosy blush just under the apples of your cheeks for fall's sporty, health-infused glow.



REAL WAY COVERGIRL INTENSIFY MEI LIQUID LINER IN INTENSE BLACK, \$10
This liner's unique paddle-shaped tip will draw thick or thin lines to help you master the season's perfect cat



RUNWAY Cranberry lips, as seen at Carolina Herrera, Dolce & Gabbana and Tod's

REAL WAY ALMAY SMART SHADE BUTTER KISS LIPSTICK IN BERRY MEDIUM, \$9

Shea butter, coconut and jojoba oils keep your pout looking smooth and kissable while imparting a lowmaintenance berry hue.





Snag Lush, Glossy Locks

SPOTTING CASCADING WAVES ON

the runway is nothing groundbreaking, but this season, the hair seen at shows like Jason Wu and Etro calls to mind something a lot less...effortless. This fall, hair appears less rolled out of bed and more Upper East Side princess – clean, shiny and with the slightest bendy texture.

To get the look, Charles Baker Strahan, celebrity stylist for Herbal Essences, says the secret is prepping with a cocktail of ultralight mousse and dry hair oil. "This will give you the strength of the mousse

without any of the crunch, so you'll end up with movement and bounce," says Strahan.

Starting with wet strands, mist hair with a dry oil, then use your fingertips to comb a golf-ball-size amount of mousse from roots to ends. To blow-dry, use a large basket-style diffuser and allow sections of hair to just sit in the basket as they dry.

"Hairdryers have so much power now that

they actually change the movement of your hair and prevent it from holding any curl," says Strahan. Finish by misting a natural-bristle brush with oil spray and brushing it through your hair for added polish.



1 KÉRASTASE CARRÉ LISSANT HAIRSTYLE TOUCH-UP SHEETS FOR HAIR. \$35 FOR 50



2 SCHWARZKOPF PROFESSIONAL OSIS+ SESSION LABEL VOLUMIZING ROOT SPRAY MOUSSE, \$22 3 HERBAL ESSENCES WILD NATURALS ULLUMINATING DRY OIL

SPRAY, \$12

NEED IT

AGENT ORANGE

AFTER A SUMMER OF SWELTER-

ing sun, treat your skin to some soothing comfort with Pai Rosehip BioRegenerate Oil, \$40. Loaded with antioxidants, such as provitamins A and C, and omegas 3, 6, 7 and 9, from both the flesh and seed of the rosehip fruit, it'll feed your face and help run damage control on UV exposure. The organic U.K.-based brand counts clear-complexioned gals like Natalie Portman and Kate Hudson as fans. The bonus? Its natural tangerine hue imparts a subtle glow that will help prolong your sun-kissed skin tone.



produced by MEGAN KIRKWOOD photography by GEOFFREY ROSS

22 SEPTEMBER 2015 best health

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BY THE BY THE



AFTER PICKING UP A BOOK

before boarding a long-haul flight,
Nest Fragrances founder Laura
Slatkin was inspired to create her
latest must-have scent, Verde. So what
was the riveting read? Elizabeth
Gilbert's 2013 novel, *The Signature of All Things*, a 19th-century tale about a
young female botanist who delves
deep into the mysteries of the natural

world. Fitting, since all of the personal fragrances in Slatkin's collection were also inspired by the artwork of 18th-century British artist Mary Delany. The fragrance itself smells like something you would find in a greenhouse - it's uniquely herbal and fresh with verbena leaves, woody Himalayan cedar, wild fern and vetiver. It's classified as a modern fougère - a type of scent usually reserved for men - but one whiff of this luxe spritz and we have a feeling you won't be in the mood to share.

NEST FRAGRANCES VERDE EDP, \$78 FOR 50 ML





WANT IT!

what's trending now

HOT LIST

No False Moves

Dial up your lashes with one of these unique new mascara wands and snag the season's extra-spiky, inky, flared-out fringe – without the need for falsies

- 1 The cone shape creates a voluminous fringe with the illusion of extra length on the ends for a flattering, cat-eye effect. ESSENCE LASH PRINCESS FALSE LASH EFFECT MASCARA \$5
- 2 Pushing and holding this small brush against the roots of your lashes will help them set with a youthful, lifted look ideal for eyes of all shapes. M.A.C UPWARD LASH, \$27
- 3 Tiny hooks catch and coat every lash for an intense separated look. The conditioning, buildable formula allows you to layer up throughout the day without flakes.

 NARS AUDACIOUS MASCARA, \$34
- 4 A new twist on an old favourite, this extra-thickening formula contains microfibres that cling to your lash tips for an extension-like look. DIOR DIORSHOW LASH EXTENSION EFFECT MASCARA, \$32
- 5 Designed with short bristles and an ultra-narrow core for maximum lash-to-wand contact. Twirl slightly from root to tip for an extra-sculpted look. COVERGIRL THE SUPER SIZER MASCARA, \$10

BEST SCORE!

Perfecting Foundations

Consider fall the official foundation season.
Creamy, even-toned skin is par for the course this time of year, and these new formulas are up for the challenge.

BEST FOR

NORMAL TO DRY SKIN

Designed to
make skin glow
naturally behind the
camera – even under
the most unforgiving
of resolutions – this
creamy stick formula is
ideal for touch-ups and
contains amino-acid-coated
pigments, hyaluronic acid
and finely ground mica for a
smooth, silky finish.

MAKE UP FOR EVER ULTRA HD STICK FOUNDATION, \$50

BEST FOR

NORMAL TO COMBINATION SKIN

Souped up with coconut water, alpine rose extract and hyaluronic acid, this medium-to full coverage makeup hydrates and brightens skin while simultaneously plumping up fine lines.

TOO FACED BORN THIS WAY ABSOLUTE PERFECTION FOUNDATION, \$49

BEST FOR

NORMAL TO OILY SKIN

Like a Valencia filter in a compact, this long-wearing, velvety powder contains invisible filters that reflect and diffuse light at various angles to give the illusion of the ultimate flawless complexion.

SMASHBOX COSMETICS PHOTO FILTER CREAMY POWDER FOUNDATION, \$48









Sure, we love the indie flicks and glitzy after-parties, but the best part of the Toronto International Film Festival? Spotting our favourite A-listers in their laid-back version of red-carpet glam. Here's how to steal a perfectly wearable A-list look from some of our festival favourites.



"Matte lipstick emphasizes all the imperfections of the lips - dryness, cracks, peeling skin - so prepping your lips is key to achieving stunning red-carpet-worthy results," says Toronto-based pro artist Anna Nenoiu. Start by exfoliating your lips using a gentle scrub (try coconut oil and sugar) or a soft toothbrush to remove any peeling skin. Finish with a lip balm to create a smooth, velvety surface. To get the true lipstick shade as you see it in the tube, prime your lips first with a few dabs of concealer. Next, line and fill in your lips with a matching lip pencil and apply the lipstick with a synthetic lip brush. Blot the colour with a tissue and reapply. "For best results, smile as you go to ensure that the lipstick gets into all the crevices of your lips."



LOVEIT beauty maven must-haves



"When your complexion is radiant and dewy, your job is half done when trying to get ready for a big event or a red-carpet appearance," says Nenoiu. A facial oil will help add a camera-friendly glow to skin, especially as it starts to age and becomes drier and less radiant. "After exfoliating, add a couple of drops of oil to your fingertips and give yourself a facial massage." Always massage the skin upwards, towards your temples, and gently pinch your cheeks to stimulate collagen. Repeat nightly and before applying makeup for a big event.







"Avoid washing your hair every day as it strips away moisture," says Nenoiu. Instead, use a hydrating, sulphate-free shampoo once a week and treat locks with a moisturizing balm between washes. Since hair becomes drier and more prone to frizz as it ages, only enlist hot tools for special occasions. "Instead, use a blow-dryer and a large-bristle brush for a smooth blowout and set hair in large Velcro rollers once dry," says Nenoiu. Apply another dab of balm to any frizzy ends to add a dose of shine.

LEAVE-IN CONDITIONER + A SILKY BLOWOUT = Julianne Moore



L'ORÉAL PARIS SMOOTH INTENSE ULTIMATE STRAIGHT PERFECTING



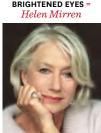


"As we age, our eyelashes become thinner and the skin around our eyes becomes more transparent," says Nenoiu. To help even out the eye area, use a brightening concealer under and around your eyes to camouflage dark circles and pigmentation for a fresh, wide-awake look. Prep for long-wearing makeup by applying an eyeshadow primer to your eyelids (which will also help to fill in and disguise fine lines), followed by a waterproof mascara and eyeliner and shadow in flattering earth tones. "Applying eyeliner along the top of your eyelashes will give the appearance of a thicker lash line while contouring and accentuating the eye, making it appear bigger," says Nenoiu. Once your eye makeup is complete, dust a translucent powder under your eyes to avoid mascara smudges and migrating colour.





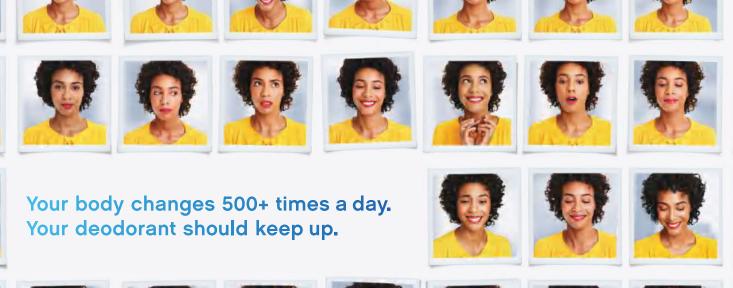
DESIGNER ALL-IN-ONE PROFESSIONAL EYE PALETTE IN TAUPE DESIGN, \$63



DIOR 5 COULEURS



LIPSTICK IN TUILIANA \$25



























































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by MEGAN KIRKWOOD | illustration by ALANNA CAVANAGH

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Apart from passing my latest crush in the hallway,

NOTHING GAVE MY TEENAGE SELF MORE OF A thrill than a visit to the local drugstore. Save for filling my basket with as many fruity lip glosses and colourful eyeshadow palettes as my modest weekend-job paycheque would allow, not much has changed.

Now, thanks to more luxurious formulas, chicer packaging and runway-level makeup artists directing trends for your favourite drugstore-aisle labels, the finds at your local pharmacy can inspire that same hit of beauty adrenaline. Whether it's a night cream (that actually works) or a new eyeliner or lipstick in the season's hottest shade, they all come with a guilt-free price

tag. "The quality of packaging has improved, more unique and technically advanced ingredients have been added and newer products have been developed, including hybrid technology that fuses skin care and makeup," says Grace Marie Papaleo, assistant vice-president for Maybelline New York Research and Innovation.

As an editor, I'm always testing new products that run the gamut of budgets - from toonie nail colours to threedigit face serums. But I still can't resist stocking up on these items when I find myself roaming those all-toofamiliar fluorescent-lit aisles.

FRENCH PHARMACY FINDS

WHENEVER I'M LUCKY ENOUGH

to find myself in Paris for work, you can bet that I'm using my spare time to duck into a nearby pharmacie to peruse exotic skin care that will help me attain that effortless femme Française complexion. Now that many of these must-have products have made their way across the pond, you, too, can stock up like an editor without the fancy travel itinerary.

AVÈNE EAU THERMALE, \$22

This master multi-tasker is still bottled in France using thermal water with healing properties and can be used to refresh your complexion throughout the day and before moisturizing. But that's not all: You can also use it to soothe irritated skin, rashes and sunburn and even set makeup before a night on the town.

LA ROCHE-POSAY ANTHELIOS XL **LIGHTWEIGHT LOTION SPF 60 FOR** FACE AND BODY, \$29

This cult-favourite sunscreen is my number one pick. The formulas for face and body, which also contain thermal water from a French spring, are light and silky, scent-free and ideal for sensitive skin.

BIODERMA SENSIBIO H20, \$27 (500 ML)

Not just a French girl must-have but also stocked by every model and makeup artist around the globe, this ultra-gentle makeup remover soothes skin while cleansing away every last drop of stubborn mascara and foundation.

MARCELLE BB CREAM, \$23

Okay, so this one's only available in Canada, but it's our very own trademark staple that I've heard expats are willing to pack en masse for over-the-border trips. It's lightweight, sheer and the ultimate hydrating base for foundationphobes who want to streamline their routine.



LUSCIOUS LASHES

MASS-MASCARA FORMULAS

and wands have come a long way in the past few years. While Maybelline's classic Great Lash Mascara is still hailed as an insider favourite. these are other luxe lookalikes I tend to stock most often. Find your favourite look below and try my swaps for a cheap and chic solution.

If you love the pumped-up volume you get from Dior DiorShow Mascara, give REVLON GROW LUSCIOUS MASCARA, \$11, a try.

If the dramatic length and definition of Benefit Cosmetics They're Real! Mascara is what you pine for, try COVERGIRL LASHBLAST **FUSION MASCARA, \$11.**

Is it the feathery softness of Marc Jacobs Beauty O!Mega Lash Volumizing Mascara that you're after? Try RIMMEL WONDER'LASH MASCARA, \$8.



TOP 3 HAIR SAVERS

IT'S NO COINCIDENCE THAT

all three of my must-have hair products are straight from the drugstore. That means I can use them daily with abandon and stock up as I wish.

Day-old hair should always be disguised to look anything but. Enter this top-notch dry shampoo that, when massaged into your roots, will zap any telltale oil and add easy-to-style body and texture.

KLORANE DRY SHAMPOO

The golden gun of hairsprays, this classic spritz tames flyaways without stickiness but can also whip any date-night updo into submission. If the powdery fragrance is a little too "vintage" for your taste, be sure to pick up the unfragranced formula.

L'ORÉAL PARIS ELNETT HAIRSPRAY, \$15

The secret to a polished bun or ponytail that looks intentional, not just like a bad hair day dilemma, is to lightly smooth back baby hairs and frizz with a lightweight hair gel. Bonus: It'll come in extra handy for taming this season's deep side parts, slicked-back ponies and artful knots.

FEKKAI SHEER SCULPT GEL, \$28

SKIN IS AIWAYS IN

WHENEVER I MEET SOMEONE NEW WHO LEARNS I WORK IN beauty, the first question without fail, is usually about what anti-aging cream I

recommend. After spouting off the key ingredients (retinol, peptides, vitamins C and E, hyaluronic acid and daily SPF), the second question is usually about price. It seems most people equate price with performance, but that's not necessarily so.

Geneviève Clermont, director of research and development for Quebec's Marcelle Group, says creating skin care with ingredients that will garner results (and repeat customers) is the top priority for drugstore-level formulations. "The Canadian woman really cares about herself and wants to have products she can trust that are efficient and safe and come at a reasonable price. When we formulate, the actual performance of the end product is really important. We know that it has to be efficient," says Clermont. Granted, there are some pricey dream creams out there that will deliver, but the key to great skin is protecting yourself from UV damage during the day and repairing it overnight with proven ingredients. My favourites are always those in a tube or dropper, so active formulas stay as airtight as possible and avoid coming in contact with your fingers.

NEUTROGENA RAPID WRINKLE REPAIR SERUM, \$30 **OLAY REGENERIST MICRO-SCULPTING SERUM FRAGRANCE-FREE. \$40** L'ORÉAL PARIS REVITALIFT VOLUME FILLER SERUM, \$36

COLOUR YOUR WORLD

WITH MASS-BRAND MAKEUP LINES RELEASING SEASONAL colour collections just as often as their department store counterparts and prestige runway makeup artists at the helm, it's easier than ever to find the latest on-trend shades from season to season. Since many beauty brands are owned by larger conglomerates that share their R&D, it's also possible to find some of the best technology in more budget-friendly products. &

Megan's must-haves



MAYBELLINE NEW YORK DREAM WONDER LIQUID TOUCH FOUNDATION, \$15 This is a seriously luxe formula that you have to try to believe. It goes on like a second

skin thanks to its lightweight, buildable base.

Lips

REVLON COLORBURST MATTE BALM, \$11 Never be wary of wearing bright lipstick again: These crayons make application a breeze, and their

velvety, fashionforward hues are unsurpassed.

Nails

SALLY HANSEN MIRACLE

I love the red shades for fall and can't resist the 10-plus days of long-wear (always remember to wrap the colour around the tip of your nail!).

Eyes

LISE WATIER FÉLINE EYELINER HD, \$21 The pen-like tip makes cat eyes easy to master, and the super-saturated shades mean no repeat applications

are required.



Unleash Your Child's Potential Great Fruit Punch Taste! Helps support cognitive health and/or brain Helps support the development of the brain, eyes and nerves in children up to 12 years of age

Norwegian Gold Kids DHA – This year's back to school essential!

Norwegian Gold Kids DHA offers parents a convenient way to give their children the beneficial omega-3 fatty acid DHA. This nutrient, often lacking in children's diets, provides brain and eye health benefits. It is also enhanced with a therapeutic amount of Vitamin D3 to help build strong bones!









WATER WORKS

Here are a few Eau Thermale Avène products to try.

XERACALM A.D LIPID-REPLENISHING CLEANSING OIL, \$27, IS A SOOTHING WAY TO CLEANSE SKIN, EVEN DURING ECZEMA FLARE-UPS

MICELLAR LOTION \$28, IS A GENTLE WAY TO CLEAN YOUR FACE WITHOUT SOAP, OIL OR ALCOHOL.

HYDRANCE OPTIMALE HYDRATING SKIN TONE PERFECTOR, \$38, IS A TINTED MOISTURIZER THAT HELPS CONCEAL IMPERFECTIONS WHILE QUENCHING DRYNESS.

HE ROAD IS LIKE A RIBBON OF

grey through the French countryside, more grosgrain than silk, I think as I lurch from side to side in the van delivering me to my destination, still an hour away. Oh, how I wish I'd taken the Gravol offered at the outset of my three-hour journey to Avène.

In an attempt to forget my nausea, I focus on the beauty that reveals itself in spectacular fashion with each new curve in the road: hills that are verdant with spring's victory over winter, interrupted occasionally by clusters of century-old villages where red geraniums spill from the sills of their stone houses.

Every so often, patches of poppies blow in the wind, just as I imagine they've done for the hundreds of years that people have been making this pilgrimage to Avène, the mecca of thermal spring waters, nestled at the foot of the Cévennes Mountains in Haut-Languedoc Regional Nature Park in southern France.

I've come to discover what the French have known for centuries: the healing powers of water. Here, they don't just ingest it; they immerse themselves in it.

Since the first thermal spa opened in 1743, patients have been taking the plunge to treat conditions such as atopic dermatitis (eczema), pso-

EAU · EAU ·

Hydrated, healthy skin starts with water, but you don't have to drink it to get the benefits

by BETH THOMPSON



riasis, scarring and skin damaged by chemotherapy. Annually, 2,800 people make the trek in search of relief. The program lasts three weeks and includes a range of therapies, such as baths, massages and workshops.

The treatments may vary, but the water never has. Its composition is largely unchanged since its discovery, says Bertrand Selas, manager of the Avène Water Research Centre.

Made up of calcium, magnesium and

bicarbonate, it has a neutral pH and is rich in trace elements.

But it is the advent of modern science that has helped uncover an ancient secret: the presence of a microflora called Aqua Dolomiae. According to Aline Poucet, a biologist and product manager for XeraCalm A.D, the molecules in this microflora help soothe skin and fight inflammation.

Just as certain microflora are key to balanced gut health (think of how yogurt helps digestion, for instance), others are important to skin health, helping cells work harder to regain balance and build immunity.

Most of us will never travel to Avène to take the waters, but that doesn't mean we can't experience its effects. In addition to the Avène Hydrotherapy Centre, there is also a manufacturing facility that produces the world's supply of Avène skin care products.

It's here that I saw how the spring water is packaged. Well, I didn't actually "see" it. To preserve its integrity, the water is automatically pumped from the source into sterile cans without ever coming in contact with the light of day or human hand.

What does that mean, exactly? You get all the first-hand benefits of the water, no topsy-turvy drive through the mountains required. M

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re:invigorate

re:create

re:define



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NEW LOOK, NEW IDENTITY, NEW CREATIVITY COMING SOON





WEB BONUS NEW SEASON = NEW BEAUTY REGIMEN. FIND OUT WHICH PRODUCTS TO SHELVE AND WHICH TO SWAP IN AT BESTHEALTHMAG.CA/FALL-BEAUTY

SKIN REHAB

Pollution, sweat and summer's strong UV rays contribute to dullness and accelerated aging. Here's how to find your way back to complexion perfection.

by JANNEN BELBECK

WE'RE ALL GUILTY OF IT: WE

forgo the sunscreen once or twice, forget to wash off makeup after a night out, or skip steps like using serum. Sorry to break it to you, but you're not doing your skin any favours.

"Eighty percent of our skin damage is incurred before the age of 18," says Charmaine Cooper, education manager at The International Dermal Institute and Dermalogica. "The damage just manifests in our 20s, 30s and 40s with one bad summer or strongly exposed season."

SKIN ISSUES

Your skin constantly defends itself from extrinsic elements, many of which are at their maximum during summer. What fits the bill of extrinsic? Pollution, pollen, UV rays and poor lifestyle choices.

Of all of these, UV rays are the most problematic, robbing skin of two essentials: water and oil. Further more, according to Dr. William McGillivray, an aesthetic physician at Project Skin MD, UV light also accelerates photoaging, which is characterized by wrinkles, rough texture, irregular pigmentation and loss of elasticity. "It also causes changes in the skin which are linked to an increased risk of skin cancer."

THE TRIFECTA OF REPAIR

It's back to basics when it comes to repairing damage, says Dr. McGillivray. And, interestingly, the products that help repair skin are the same ones that we should be using to prevent problems in the first place: sunscreen and vitamins C and A.

SUNSCREEN

"We're now able to pick from great formulas that suit the skin type and condition," says Cooper. "Higher SPFs now offer a safe, low-chemical delivery of optimal skin ingredients to be able to address concerns like oiliness." Apply daily without fail.

TRY: CONSONANT THE PERFECT SUNSCREEN, \$45

VITAMIN C.

"Vitamin C neutralizes damaging free radicals from environmental sources," says Dr. McGillivray. Since we can't eat enough vitamin C to really affect our skin, it works best to brighten and rebuild collagen in the form of a serum.

TRY: SKINCEUTICALS C E FERULIC, \$165

VITAMIN A

Vitamin A, or retinol, enhances your skin's natural exfoliation mechanism, helping to even out skin tone and slough off age spots. Because of vitamin A's photosensitivity (meaning it chemically reacts to light), it's best to use these products at night.

TRY: DERMALOGICA AGE SMART OVERNIGHT RETINOL REPAIR, \$110 (FOR SET OF TWO).

BOOSTER RX

Beyond the basics, serums are worth adding to your repair rotation for their ability to absorb into and penetrate deeper layers, making way for smoother, firmer skin.

Dr. Sven Fey, head of product development at R&D Beiersdorf, also notes that serums often have higher concentrations of active ingredients to achieve specific effects. "Depending on personal preference, serums can be applied either once a day prior to moisturizer or twice daily prior to day and night moisturizers." **M*

TRY: NIVEA Q10PLUS ANTI-WRINKLE SERUM PEARLS, \$20



GEOFFREY ROS





There's no better time than September to makeover your makeup bag. Read on for pro-approved hair and makeup tweaks – not risks – that will nudge you toward your freshest, most youthful self for fall.

 $by \, {\tt JILL} \, {\tt DUNN} \, \mid \, photography \, by \, {\tt GEOFFREY} \, {\tt ROSS}$

CHANGING YOUR SOCIAL MEDIA STATUS? EASY.

Changing your tried-and-true beauty routine? Not so much. But there are baby steps to road-test new trends and create new beauty habits that work for you without overhauling everything you know and love. It's just like M.A.C Cosmetics' Terry Barber says: "Wearing new

makeup is like wearing new shoes: You're never comfortable at first; you have to break them in." That's sound advice from a makeup maestro who helps to dictate backstage trends around the globe. Find your beauty footing without being a slave to trends and watch the compliments roll in!

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EYES HAVE IT

If your trademark is: Paint-by-numbers smoky eye Shake it up with: Neutral, monochromatic lids

This season is all about monochromatic shadow in rich taupes, greys and beiges. If you're used to a lot of eye makeup, this dialled-down version will feel a little naked at first, but nothing looks cooler than a strategically placed neutral colour that still commands attention. "If you're buying a shadow for the season, think ochre, caramel or copper," says Caitlin Callaghan, senior artist for M.A.C Cosmetics. "I wouldn't do two eyeshadows - it's not about that or pairing it with a ton of liner, shadow or mascara. It needs to live by itself," adds the pro.

If your trademark is: Brown pencil liner Shake it up with: Liquid liner

Makeup artists were like sketch artists this season, free-handing everything from sharp feline cat eyes to mini face tattoos reminiscent of a girl on her way to Glastonbury, all with a trusty liquid liner in $hand. \ To \ mimic \ it \ on \ your \ own, trace \ a \ fine \ line \ on \ your \ upper \ lash$ line first and, once you have a straight line or the shape you want, keep layering colour on top. Switch back and forth between eyes as you go so you don't get lopsided results.

TRY KAT VON D TATTOO EYELINER, \$23 BENEFIT THEY'RE REAL! PUSH UP LINER, \$29

SHOW OF HANDS

If your trademark is: Candy apple red Shake it up with: Dark and drastic oxblood or purple

Moody hues on short nails are once again fall's best accessory. "I think a deep burgundy with a hint of purple is really wearable for most people," says Poole. Remember to be extra-precise when painting as flaws show up readily with dark nails. "It's about the finish. Always slide your brush across the tip of the nail so none of the white is showing - what nail artists refer to as 'capping." This gets more mileage from your mani.

If your trademark is: French manicure **Shake it up with:** Geometric white or pastel tips

If you love a French mani, paint your tips in a pastel colour, such as baby blue, turquoise or lilac, says Madeline Poole, global colour ambassador for Sally Hansen. Just remember to make the base colour super-sheer, but the tips should be opaque. "You want that contrast - I even love to do just a completely clear base and pastel or traditional white tips. That looks really fresh."



RETREAT, \$10

TRY COVERGIRL
OUTLAST STAY
LUMINOUS
FOUNDATION, \$15
MAKE UP FOR EVER
ULTRA HD
FOUNDATION, \$50;
SMASHBOX BB
WATER SPF 30, \$50

FACE FORWARD

If your trademark is: Super-matte skin Shake it up with: Skin that's selfie-ready

Skin has nothing to hide. This season, foundation textures are camera-ready thanks to good-for-skin ingredients like hyaluronic acid (a mega-moisturizing molecule) and water-based textures, so skin shines through. "It's very lived in and real. As soon as you put the makeup on, it should look like you've been wearing it for a couple of hours," says Melissa Gibson, senior artist for M.A.C. Foundations that fuse seamlessly with your skin always look flawless and fresh.

HAIR KNOW-HOW

If your trademark is: Messy hair, don't care Shake it up with: Polished ponytails and buns

We're seeing a return to upstyling, says Kristjan Hayden, creative director for Aveda Canada. "In previous seasons, it was all about the messy chignons and topknots. But now you see that updos are becoming more detailed, smooth and shiny – they aren't just thrown together," says the pro. Another big point of difference: You don't see any frayed ends. "Ends are always tucked away inside the bun or smoothed – when the ends look polished, the overall look feels more put together," says Hayden. Try a dry oil or cream to keep your hair in super-shiny and manageable shape.

TRY DOVE PURE CARE DRY OIL, \$12 JOHN FRIEDA FRIZZ EASE SECRET WEAPON TOUCH UP CRÈME, \$11

If your trademark is: Cotton scrunchies
Shake it up with: Leather hair wraps or satin ribbons

Sure, we're all for '90s nostalgia, but the scrunchie has got to go! Thankfully this season we are spoiled with choice: Designers were having a massive love affair with everything from bewelled clips and hair ribbons to leather accessories like hair bands and leather ponytail wraps. A thickening spray or texturizing spray can help keep your accessory from sliding about. Again, it's about adding polish and a thoughtful finishing touch to your 'do.

TRY JOICO HAIR SHAKE LIQUID-TO-POWDER FINISHING TEXTURIZER, \$21 AVEDA THICKENING TONIC, \$35

LIP SERVICE

If your trademark is: Berry lips
Shake it up with: Classic reds spiked with terracotta

Look-at-me lips are all saying the same thing: Rust is the new red to obsess over right now, thanks to Pantone, the



colour authority that anointed Marsala, a muted brownred, as the hottest hue of 2015. Make it your own by shading your lips with a lip brush – this gives maximum colour control. Try out a balm-like lipstick (nothing too matte or shiny) – this will deliver colour payoff without any highmaintenance touch-ups. For the colour shy, a slick of opaque gloss in rust or oxblood will do. "It's a winner because it allows you to layer the intensity without sacrificing on cool colour," says Callaghan.

TRY STILA COSMETICS NUDE INTERLUDE COLOR BALM LIPSTICK IN ELYSSA, \$25
STILA COSMETICS LUSH LIP BRUSH, \$31
M.A.C LIPSTICK IN CHILL. \$19

If your trademark is: Clear gloss Shake it up with: Tawny nude lip colour

Bye-bye, basic gloss. A slick of '70s-inspired nude will make you feel like a *Charlie's Angels* series regular. The secret is to wear colour with enough contrast with your skin tone so you don't look like you've erased your lips. A rich, luxurious opaque nude with a hint of sheen gives lips life and looks like you're on-trend.

TRY URBAN DECAY REVOLUTION HIGH COLOR LIP GLOSS IN LIAR, \$26
L'ORÉAL PARIS COLOR RICHE COLLECTION EXCLUSIVE EVA'S NUDE. \$11

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USE TOGETHER FOR TEETH THAT ARE UP TO 4X CLEANER*



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PROHEALTH



Amal Clooney and Kate Moss (who happens to be godmother to Tilbury's son, Flynn). We sat down with the makeup maven at the Canadian launch of her awardwinning eponymous line.

BH: How can a woman carve out her signature makeup look?

CT: "Finding that little black dress of makeup is all about what you identify with and what makes you feel comfortable. But it's also about expressing what you're secretly drawn to. Maybe in the business world you go for more of a sophisticated look, but at night you dial it up to something more vampy because that's who you secretly want to be."

BH: What's the secret to modelworthy skin?

CT: "Moisture, moisture, moisture.

I never use primers. I hate how they can feel like plastic or a film on the skin. It's not a good look. Instead, add moisture and your foundation and then layer finely milled powder on top to set everything for an airbrushed look."

COLOUR-CODED EYESHADOWS, \$64

BH: What would you say is the most modern way to wear blush on mature skin?

CT: "When I do blush, I always try to mimic exactly what happens when you flush naturally. It starts in a concentrated centre and blooms to more of a halo around that colour. That's exactly what I created with my blush - you have two shades, so you get that pop of concentrated

colour and swoosh of halo around it. Always blend it up and out, starting on the apples of the cheeks, so you get that lifted look."

BH: The best anti-aging makeup trick you've borrowed from your famous clients?

CT: "I remember Diane Lane, who's so beautiful, would always slightly contour or shade just the tip of her nose and then highlight the bridge and the cupid's bow above her lip. It gives that amazing 3-D type of look. This idea was the genesis for Filmstar Bronze & Glow Face Sculpt & Highlight. It gives definition and a candlelit glow to the skin." by Available at select Holt Renfrew stores and charlottetilbury.com

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With its ability to be incredibly ladylike, totally relaxed and everything in between, our affection for denim runs deep. This fall, there are lots of ways to make it look new, whether in an updated silhouette or mixed with on-trend essentials. Oh, denim, how do we love thee? Let us count the ways.

 $produced\,by\,\mathrm{INGRIE}\,\mathrm{WILLIAMS}$





(No. **2**

BETTER BOYFRIENDS

Get ready to fall head over heels. The newest take on boyfriend jeans will win you over, thanks to a slightly tapered shape that respects a woman's curves while still being plenty relaxed. And just because they're beat up doesn't mean

JEANS, LEVI'S, \$108; SHIRT, JUDITH & CHARLES, \$275; JACKET, ROOTS, \$888; SHOES, MICHAEL KORS COLLECTION, \$450; BRACELET, BANANA REPUBLIC, \$55







GO LONG

If you can't live without your skinny jeans – and we can't blame you – choose stylish layers on the long side to dress them up this fall. Dark denim is the typical recommendation for office wear, but by playing with neutral colours and ladylike accessories, even pale blue jeans can be taken seriously, un-hemmed cuffs and all.

SHIRT, WILLOW & THREAD, \$60; JEANS, YOGA JEANS, \$152; SLEEVELESS COAT, J. CREW, \$569; PUMPS, J. CREW, \$378; RING, ANN TAYLOR, \$40; BAG, TED BAKER, \$479

STEP BY STEP

Wondering which footwear works best with your new jeans? Read on for solutions.

A pair of high heels is the foolproof way to add instant polish to jeans. Heels work best with jeans that are skinny, slightly relaxed or in between, such as boot-cut styles. Whether your preference is a classic tan, an unexpected neutral or a pair that's black with a twist, try pointy-toed pumps. They lead the way as the chicest choice and have a steadfast, elongating effect.

Comfort and style? Yes, please!
Statement flats can transform any denim outfit. You can borrow from the boys in multihued croc-embossed oxfords or tread daintily in studded d'Orsay slippers. And who knew tasselled loafers could be so modern and edgy? Flats work best with slim-cut denim, but pointy-toed styles can also be paired with flaredleg and trouser-cut jeans. Whichever route you choose, focus on texture and embellishment as essential factors.

Cool. Strong. Sexy. There's a pair of boots to match your every mood, and wearing them with jeans only seals the deal. Boots work best with skinny and/or boyfriend jeans. Choose a pair that hovers around the ankle and hugs the foot, then roll, fold or tuck the hem of jeans accordingly to showcase your boots du jour.



















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PHOTOGRAPHY, LUIS ALBUQ





COATOCHARMS

A crisp autumn breeze can invigorate the senses, as well as the need for a gorgeous piece of outerwear. With a noticeably plush texture and slight heft of weight, a fall jacket is the one sartorial item that can inject a little excitement into the prospect of cooler temps. Face it: The thought of a parka is never this thrilling.

 $by \, {\tt INGRIE\,WILLIAMS} \mid photography \, by \, \, {\tt LUIS\,ALBUQUERQUE}$



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on my list for ... PAYDAY

THE CLASSIC MOTO JACKET HAS BEEN TINKERED WITH - AND THE RESULT DOESN'T DISAPPOINT. THIS SEASON, IT'S ALL ABOUT A LONGER, BOXY SHAPE, WHICH IS PERFECT FOR ACCOMMODATING THE SEASON'S COZY KNITS. FOR MAXIMUM VISUAL INTEREST, LOOK FOR STYLES THAT MERGE TEXTURES (LIKE THIS FAUX SHEARLING AND VEGAN LEATHER COMBO) WITH A HANDFUL OF POCKETS AND BUCKLED STRAPS. JOHN & JENN, \$275



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WINDS OF CHANGE

Fall means making time for new routines and ideas. Turn the page and meet some amazing Canadians who are doing just that. Their stories will inspire you.

photography by GENEVIÈVE CHARBONNEAU



GETTING FRESH



Ruth Tal reflects on her journey to success, one healthy step at a time by INGRIE WILLIAMS

RUTH TAL, FOUNDER AND OWNER OF FRESH RESTAUrants and Juice Bars, is living the good life - and it shows. When she greets me at her Toronto home, she is sunkissed and radiant, having just completed back-to-back yoga and Pilates classes. Dressed in a menswear-style vest and cargo shorts, Tal is effortlessly accessorized with a beaded necklace, wrists loaded with bracelets and a few wanderlust-inspired tattoos.

Her airy loft space provides a perfect view to the packed patio of Fresh on Crawford, one of four locations in her growing healthy-eating empire. Splitting time between Toronto and California (where her fiancé lives) and on the cusp of launching LOV by Fresh in Montreal, not to mention a fifth cookbook, might stress other people out, but not Tal.

SIP OF SUCCESS

"My life is great now! I have created a business that, as a woman, allows me to be myself. It's the greatest privilege," says the 50-year-old entrepreneur as she looks back on what started it all.

Tal returned home at the age of 25, after several years of travelling abroad, to attend the University of Toronto. She had the desire to be healthier, but didn't know how to do it. That quickly changed after her first glass of carrot juice. "It really blew my mind, the idea that you could take a vegetable and get this milky, creamy sweet juice that kind of tasted like biting into a carrot but was totally different at the same time," she says. "I remember drinking it and feeling instantly energized, refreshed and healthier. It was one of those 'aha' moments, and I wanted more."

She wanted much more, took a risk and pursued it, ultimately using her student loan to foot the bill for juicing equipment. What began as a travelling juice bar that would pop up at folk festivals, concerts and health lectures eventually became her first bricks-and-mortar destination known as Juice for Life, which would later evolve into Fresh.

HELPING HANDS

As much as Tal is responsible for establishing Fresh's success, she is quick to acknowledge the teamwork from her partners and staff and says she couldn't have done it on her own. "Knowing your strengths and weaknesses is crucial," she says. "In the beginning, I was very protective of running the business a certain way, and I was wary of a partner who was going to change things without understanding what Fresh was all about."

Realizing that the right team players could take her business to the next level encouraged Tal to bring on her first partner, a regular at a juice bar and café in the market who happened be an accountant. "I just thought, 'If I give him a bunch of money to be in the company, then he can take care of the books," she remembers. They've been together ever since. "Eighteen years later, it's the



longest relationship either of us have had," she says with a laugh.

Adding a second partner was equally game-changing. "Jennifer Houston came to work for me in the kitchen in May 1998 and became integral to the food program," says Tal. Houston and Tal have written all of Fresh's bestselling cookbooks together. The latest one, *Super Fresh*, boasts more than 200 new recipes.

OF MENTORS AND MENTALITY

"Don't give up' is the best advice I've ever gotten, and that I've paid forward," says Tal. "In the early years, you're working really hard and not quite paying yourself yet. Oftentimes you haven't found the right staff to help you, and that's very tough."

Tal found encouragement and guidance by connecting with other women breaking ground in the vegan restaurant industry – one in Seattle, WA, and one in Victoria, BC. "I called them at different times and even visited them. It wasn't that I was going to give up, but I wasn't sure I was on the right track. I would share my numbers with them and they'd say 'You're on your way; it's going to get better.' I got a lot of support from them."

TO RUSSIA WITH LOVE

By the time she hit 46, Tal was ready for a change. She recalls the day she decided to retire from the day-to-day operations of running the restaurant as the best and worst of her career. "It was bittersweet. It was amazing to realize a dream that a lot of people have – to retire at 46 – but I was sad to be leaving."

Retirement meant spending time in Mexico City – one of her favourite places on the globe – and maintaining her passion for healthy eating by sharing recipes with a local chef. While there, she was approached by a Russian business couple, who were ardent Fresh fans hoping to open a location in Moscow. "We Skyped and I sent a list of 'demands,' the ingredients that are central to our menu. I told them if you can't get these things, then it isn't going to happen." Proving to be resourceful, the couple followed up a month later with everything ready to go. They'd found a way to make it all happen, going so far as to get someone to grow sprouts for them, says Tal.

Thus, the first Russian store was born. Next up? An outpost in Mexico City.

PRESSING FORWARD

With 25 years of health food business in her back pocket, Tal continues to be an innovative force. Her latest venture involves three little words that seem to be on the tip of everyone's tongue lately: cold-pressed juice. After being wowed by the product in California, she pitched it to her partners. "I kept sending them pics of me drinking



What do you wish you knew <u>then</u> that you know now?

"Business has ebbs and flows. It's natural. Do not panic. Continue to stay positive. Do not look back over your shoulder and forget who you are but rather look forward and focus on the quality of your product and the integrity of your concept."

RUTH TAL

it in L.A., like a hint-hint."

Her campaign worked and cosmic forces aligned between her produce supplier and a couple of MBA grads who were also looking to get into the cold-pressed juice game. The collection of eight juices, along with four nut milks and power shots, debuted last December at Fresh locations, as well as select grocers and retailers.

Today, the Canadian market is flooded with this beverage niche, and Tal welcomes the competition. "It's all good," she says, "if people are passionate about it and creating a good product. I'm a fan of anything that makes healthy living more convenient. Better that there's more cold-pressed juice than tequila bars." \hat{M}

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Meet three amazing women who are changing the agri-culture of Canada

IT'S TRUE THAT NOT EVERY LITTLE GIRL GROWS UP WANTING TO BE A farmer, but more do than ever before. According to a 2011 census, 27.5 percent of farm operators in Canada are female. That's just over 80,500 Canadians – and the percentage is growing.

Even women from non-farm families are hearing and heeding the call to own and till their own patch of land and reap the rewards. These agriculturalists are not to be underestimated: They're some of the most ambitious, inspiring and down-to-earth women you'll meet. Best Health caught up with three of them – here are their stories.



≻• THE DAIRY FARMER •≺

AS THE OLDEST OF THREE GIRLS, KIM

Waalderbos used to trail her father around their Nova Scotia dairy farm, helping out with chores. He always told her there wasn't anything girls couldn't do and, sure enough, she would figure out ways to outsmart situations she couldn't outmuscle. "Only now, later in life, can I see all the learning I got back then, primarily in work ethic," says

31-year-old Waalderbos. "We lived 10 minutes from the ocean and I'd watch my friends walk to the beach while I had to stay and finish chores."

While dairy farming was in her blood, Waalderbos kept her options open at university, where she studied agriculture. "The communication and business

side of farming really interested me, too.

Everyone is so far removed from where food comes from." She met and fell in love with her current boy-friend, David deVries, and together they worked to raise enough capital to buy their first dairy farm three years ago. Today, they manage a barn of 100 dairy animals on more than 200 acres of land 45 minutes north of Fredericton. NB.

Waalderbos calls her cows "divas" because they are treated like royalty. The barn is free-stall, so the cows go wherever they want. They wear collars that can monitor their feed intake so they can nibble at grain dispensers leisurely. They sleep on human mattresses and get regular "pedicures." Waalderbos has multiple apps on her phone to measure everything, even manure loads. Her investment in technology goes back to her business philosophy: The happier the animal, the better the quality of milk, the more the farm will thrive.

Her commitment to business goals means the couple achieved most of their five-year plan within two years. And just this past Christmas, David quit his day job to work full time on the farm alongside Waalderbos, though she still works at another job 15 to 20 hours a week – for now. "As a farmer, you really get to push yourself. It's about being a self-starter," she says. "Combine that with a passion for producing great-quality products and it's very satisfying."

THE FRUIT FARMER

IN 2007, JENNAY OLIVER, THE OUTGOING fourth-generation farmer who grew up tending to fruit trees and working a busy

Kelowna, BC, was living in Vancouver and going to school to become an aircraft maintenance engineer. Then, suddenly, Oliver became the most likely heir to the 15-acre u-pick fruit farm and stand, which grows and sells cherries, apricots, peaches, plums, apples and pears, and she had a big decision to make.

summer fruit stand just outside

"I could say no and do my own thing or I could take over and keep the farm growing," says Oliver, who was genuinely torn. Having grown up on the fruit farm, she knew what kind of lifestyle she would be taking on

Fast-forward eight years and Oliver lives in the home her mother grew up in, with her 95-year-old grand-mother – who founded the fruit stand back in 1951 – upstairs. In mid-November post-harvest, she takes advantage of the slower time of year, working as a volunteer firefighter and running in the early mornings just to get a few quiet moments to herself.

From late spring through early fall, Oliver works anywhere from 10- to 16-hour days, overseeing 25 employees while helping out with picking and managing the market, which operates daily. She barely has time to scoot into the city of Kelowna, just a 15-minute drive away, to pick up farm supplies. "I get a lot of calls from friends in November asking how the season went. I'm lucky that they're okay with that and know better than to invite me anywhere." She also has the support of her boyfriend (who is a pilot but grew up on a farm and knows how to operate a tractor).

Oliver has been riding a tidal wave of increasing consumer demand for locally grown produce, which has tripled the farm's gross sales since she took over. Last year, she also made good on her promise to transform the farm into a destination by adding an ice cream parlour and selling locally grown preserves and honey. "Now, instead of coming and buying fruit and leaving, visitors can sit down and relax in the orchards." Oliver added a coffee bar last spring.

"I couldn't do what I do without the help of my family," says Oliver. Luckily, most of her family, including her parents, live on nearby farms. Naturally, the Sunday brunches and pizza nights are abundant with farm talk and tips. "I never feel alone. If I have a problem, there is always someone with more experience than me that I can check with."

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Poem written by Jerry Knoll ©1983 Abbey Press Poem



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IN HER LATE TEENS AND EARLY 20s,

Tarrah Young identified herself as an environmentalist. However, it wasn't until her last semester, working on a degree in environmental biology at the University of Guelph, that she found her calling. "I took

an organic agriculture course and I had an epiphany."

Thirty-eight-year-old Young was determined to show naysayers, including her family (at first), that farming can be a profitable livelihood. "It is true that farming is hard. And despite what some think, you can make a good living doing it. But for me, it was really about having a viable business and having a positive impact on the environment through farming." To gain experience, she took a farming internship, where she met her future husband, Nathan Carey, and together they built a business plan to help make Young's dream come true.

She didn't want to have to cut production costs at the expense of protecting the environment and the dignity of her animals. "So I decided I would sell directly to consumers online and set my own price at what it costs to produce." Young and Carey stuck to their vision and eventually bought 50 acres just east of Neustadt, ON.

Eight years later, Green Being Farm is thriving, but the workload has been tremendous. Young can work 10- to 12-hour days during the week, raising animals outdoors on pasture with the highest regard for their needs and impact on the environment. The menagerie includes Berkshire pigs, Katahdin sheep, heritage hens, and Red Poll cattle. They also run a winter community-supported agriculture (CSA) program, where people who live nearby can pay a fee in advance to ensure a biweekly allotment of locally and organically grown vegetables.

"I thought I would love the physical part of farming, finding the best ways to grow and harvest, but I love the business side of things just as much," says Young. Meeting people and making connections with those who eat her food is "like receiving an emotional paycheque," she explains. "I love farming...well, maybe not every minute. But farming is like parenting: There are lots of times when you are tired and it's hard, but you love it more than anything." "

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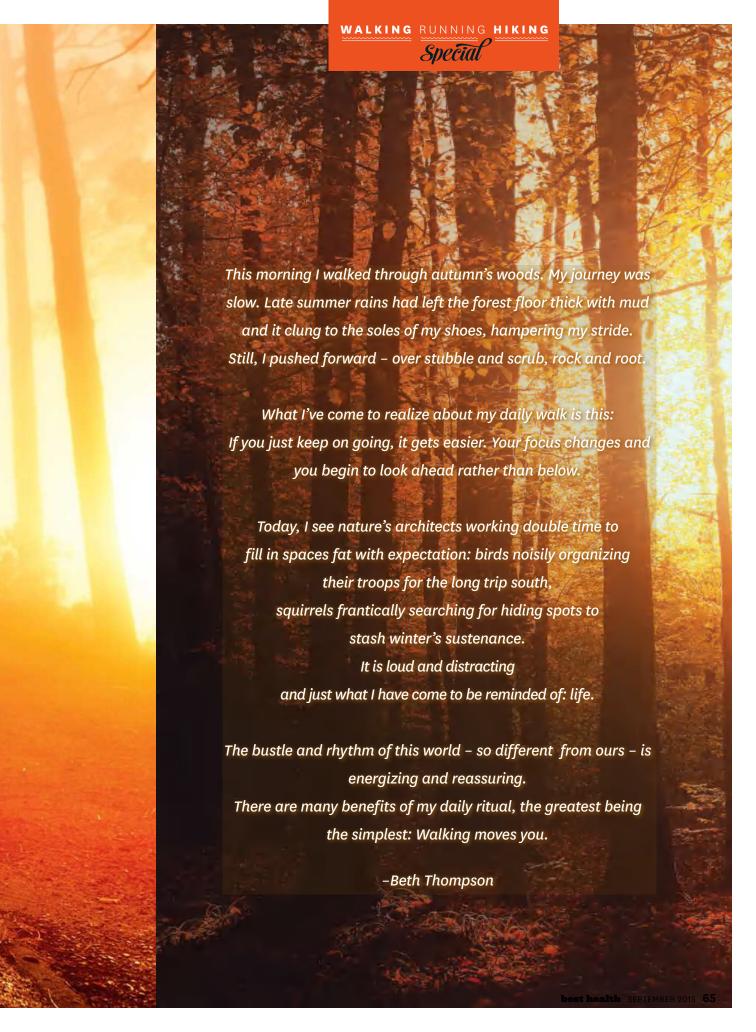














It can prevent and treat a myriad of health conditions – from heart disease to depression – has no side effects and is available free of charge. What is this miracle cure, you ask? Walking.

by ERIN PHELAN

IT'S TRUE, A BRISK WALK CAN CURE MANY ILLS.

Numerous studies show that walking reduces the risk of certain cancers, heart disease and stroke, lowers blood pressure and aids in weight loss. Walking can also alleviate arthritis pain, stave off osteoporosis, improve energy levels and make people happier.

"Walking is the number one exercise in North America, and just about everyone can do it," says John Stanton, founder of the Running Room, which hosts walking clinics across the country. The benefits of walking and running are the same: The fundamental differences are

that walking takes a bigger investment of time and there are fewer injuries, since there's less impact on muscles and joints. "We used to consider walking the gateway to running, but we found lots of people just wanted to walk," says Stanton.

Kim DeLisle knows the power of walking. The retired military veteran from Barrie, ON suffers from post-traumatic stress disorder (PTSD) and began walking with a Running Room clinic three years ago. She is now one of the leaders of the Barrie Walkers, a group of women between the ages of 48 and 65 who meet three times a



Vancouver Island's West Coast Trail is perhaps the most iconic Canadian hike. This rugged 75-kilometre path weaves through the deserted beach and lush forest of Pacific Rim National Park Reserve on the western coast of Vancouver Island. The six-day trek was originally carved out to help shipwreck survivors escape from the wilderness. Today, it can help you escape from your desk job as you immerse yourself in the very best of the wild Canadian landscape.

week for exercise and group "therapy." "Before I joined I was haphazard in my physical activity, but now I am consistent, disciplined and stronger. I also feel more confident and empowered - two things that were severely impacted by my mental health struggles and the loss of my career. The simple movement of walking is so powerful: When I am out of the house, I am engaged in the world and supported by a group of amazing women."

If you need more excuses to get fitted for walking shoes, read on:

WALK AWAY FROM DISEASE

You can walk your way to better health: In the 2013 National Walkers' Health Study, published in the Journal of the American Heart Association, researchers looked at 15,045 walkers and found that brisk walking can lower the risk of high blood pressure, high cholesterol and diabetes. And, according to researchers, the more people walked, the more their health benefits increased.

Walking is also a proven cancer fighter. The American Cancer Society reported that an hour of daily walking may reduce a woman's risk of getting breast cancer by 14 percent, while a study published in the British Medical Journal showed that physical activity reduces the risk of colon cancer in both men and women. And, according to the American Heart Association, walking briskly for up to 30 minutes can prevent and control high blood pressure that can lead to stroke, reducing your risk by up to 27 percent. All of these huge health payoffs are just the beginning-and they're no big surprise to many medical experts.

Walking also keeps you mentally sharp: According to a University of California study of 6,000 women aged 65 and older, age-related memory decline was lower in women who walked more. There have also been several studies that show that walking lowers the incidence of dementia and Alzheimer's disease.

Toronto sports physician Dr. Ira Smith says his profession has been prescribing exercise for years. "We don't know why walking prevents certain diseases, but we know it moderates blood pressure," he says. Walking helps to relax the smooth muscles responsible for contracting blood vessels, thereby improving circulation. "Exercise is a great preventive measure for many diseases," he says.

That includes Type 2 diabetes, one of the fastest growing diseases in Canada, with more than 60,000 new cases annually. The good news? Type 2 diabetes is preventable, and walking can make great strides in that prevention.

"Exercise lowers insulin resistance, which allows your body to use glucose more efficiently, thereby helping to manage Type 2 diabetes," says Dr. Smith.

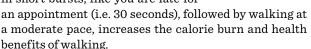
Walking can also help achy joints: Nearly 4.6 million Canadians have been diagnosed with arthritis and, though exercise might be the last thing on the mind of someone with stiff joints, it is exactly what the doctor ordered. Walking supports the joints by bringing oxygen and nutrients to the joint regions. "I have arthritis in my knee from a teenage injury and it really used to bother me," says Suzanne Graham, one of the Barrie Walkers. "Now that I walk regularly, I seldom experience pain anymore."

WALK OFF THE WEIGHT

Nearly 40 percent of Canadians are either overweight or obese, but for some, the solution to weight loss may be right outside their front door. Walking is the low-impact, do-anywhere activity that everyone can try, no matter

how long they've been neglecting exercise. "I encourage anyone starting out to just get out and walk," says Lee Scott, a fitness trainer who has been coaching clients for over two decades and founder of WoW Power Walking in Toronto.

Although a simple walk can do wonders, the addition of high-intensity intervals, such as walking fast in short bursts, like you are late for



Dr. Hiroshi Nose at the Shinshu University Graduate School of Medicine in Matsumoto, Japan, set out to measure the benefits of faster walking intervals mixed in with moderate-paced walking. In their study, one group walked at a continuous, moderate pace while the other completed five sets of intervals. The aerobic fitness, leg strength and blood pressure readings for the interval walkers improved significantly.

"The good news is that everyone can incorporate intervals into their training," says Scott. "High intensity is your high intensity: Both a 90-year-old and a 20-year-old can walk speed intervals while experiencing a Borg Rating of Perceived Exertion of anywhere from six to nine out of 10. Their speeds may differ at these RPEs, but any age and fitness level can incorporate six minutes of intervals each day to reap the benefits." This is the equivalent of





Camp and hike along one of the most beautiful stretches of beach in the world in Northern B.C.'s Naikoon Provincial Park. Let the gentle waves of the ocean tickle your feet as you make your way along a 100-kilometre route on the northeastern coast of the magnificent Haida Gwaii. Known as the "Galapagos of the North," the Haida Gwaii is a national natural and archaeological treasure and currently awaiting recognition from UNESCO as a World Heritage Site.

WALKING RUNNING HIKING Special

12-to 30-second bursts, where you would walk at a moderate pace, then pick up your speed for 30 seconds so you are pushing hard.

Scott encourages beginners to focus on the heel-toe strike, engaging the gluteal muscles as you swing the leg back around to get the full benefits for your legs. "Shorten the lever of your arms by bending at the elbow joints, focus on the horizon and try to maintain a shorter, faster stride and cadence," says Scott.

Start small – 10 minutes out and back – and then gradually add distance or time (the Running Room walking clinics suggest adding 10 percent weekly). And remember, healthy eating is key. "More than half the battle for weight loss is diet and nutrition," says Scott.

WALK YOUR WAY TO A BETTER STATE OF MIND

Although the physical benefits of walking are numerous, one of the greatest payoffs is the positive effect on mental health, says Dr. Amanda Beaman, a clinical psychologist based in Toronto and Vaughan, ON.

"The cycle that maintains depression often involves a pattern of withdrawal from activities that provide positive reinforcement – like socializing and exercising," says Dr. Beaman. "This creates a vicious cycle that strengthens depression. Increased activity, such as walking, is something I highly recommend to fight depression."

For those who are new to fitness, they benefit from the satisfaction of improving their walking speed and distances. From a psychological standpoint, "achieving any goal, big or small, is likely to be positively reinforcing."

Getting out and walking also offers opportunities for

WALK THE LINE

Moderation is key when it comes to any new fitness regimen. "People who are new to fitness often go too hard, too soon," says Running Room founder John Stanton. "They start walking, get that endorphin high and get a new lease on life, but then they get a little too aggressive and get injured," he says. To avoid this common misstep, Stanton recommends being gentle and progressive with your program and incorporating rest into your routine. "Also, know the difference between residual soreness and the sharp pulling pain that goes along with an injury," he says. If you're experiencing severe or lingering soreness and unsure about how serious it is, see your doctor.

The most common injuries among walkers are in the calves, quads and ankles, and they can be easily treated with ice and self-massage: "Fill up an old winter glove with ice cubes and massage the sore areas when you come in from a walk," suggests

You can help prevent stiffness and injuries by stretching gently after every walk. productivity (for example, walking to post a letter) and sociability (such as walking with a friend), which can also have positive psychological effects, says Dr. Beaman.

With anxiety, walking and exercise take on an even more specific role in treatment: "People who suffer from anxiety go into a 'fight or flight' mode," says Dr. Beaman. "They react to stressors in their lives - jobs, marriage, kids - as 'threats,' leading to physiological symptoms such as sweating, increased heart rate, dizziness and numbness. Physical activity, such as walking, buffers the effects of stress and anxiety in two ways. If people have higher levels of fitness, their fight-or-flight response may not react to stressors as much. And if they are used to getting their heart rate up, they won't notice the elevated heart rate as much when anxiety strikes."

Walking for mental health is a great script doctors can write: "Exercise is known to release chemicals in your body called endorphins. Endorphins can reduce pain and stress and trigger a positive feeling in the body," says Dr. Smith.

Wendy Noseworthy, another member of the Barrie Walkers, started her journey into walking in 2013 to rebuild strength and self-confidence. "I started out on a four-kilometre walk, afraid I wasn't going to make it. The group was so inspiring, the social benefits are enormous. Three times a week, we meet with people who have become lifelong friends. We share goals, dreams and sometimes sadness, but we are always there for each other."

At the end of her first clinic, Noseworthy completed a 10K walking event. She is now training to walk the same route as the Boston Marathon in September. "You never know where that first step will take you," she says.



Hiking along the trails at Whistler Mountain is a delightful treat of varied landscape that includes alpine meadows speckled with wildflowers, stands of western red cedar, sparkling glacial lakes and dramatic views from the top of soaring peaks. Although there are several short routes you can fill your vacation with, the most rewarding of them is the High Note Trail. The route begins at the summit of Whistler Mountain and traverses through pristine alpine meadows, providing panoramic vistas of the iridescent turquoise-hued Cheakamus Lake and Cheakamus Glacier before making its way down the rocky south slope of the mountain.



BECAUSE SOMETIMES, A GIRL'S GOTTA WALK.

The Skechers GOwalk 3 is made with our latest high-rebound comfort innovation, Goga Mat® Technology. Adaptive Go Pillars™ underfoot createthe softest ride you could ever imagine.

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Sole Mates

WALKING

Personal preference plays a large role in choosing the right shoe, says Cris Alcantara, marketing manager for Skechers. For starters, consider where you'll be doing the bulk of your walking: pavement, trails or beaches. Additionally, think about weight, flexibility and support, as well as the amount of cushioning it provides. All of these elements will impact your satisfaction.



NEWBIE

Skechers GOwalk 2 Flash, \$85

We like this shoe because the V-Stride technology promotes a proper walking gait (i.e. outside heel to inside toe.) Plus, it is lightweight and has great cushioning.



INTERMEDIATE

$New\,Balance\,Vazee\,Rush,\,\120

Pefect for those who prefer walking as their main form of travel, these incredibly light shoes will make you feel like you're walking on air. It also features an aggressive toe spring and lateral support to help you stay stable and pain-free.



Skechers Skech-Flex, \$90

This is a really versatile shoe that can be used for walking but also light workouts and runs. Bonus: The gel-infused memory foam insoles provide lasting cushioning and comfort.

Whether you're hiking in the hills or strolling through the city, successful outings begin with good footwear. In fact, the right pair can prevent injury and improve performance. Ready to find your best kicks? Get started with our guide.

BEFORE YOU WALK THE WALK,

you need to talk the talk.
According to the experts Best
Health tapped, the journey to
getting the best shoe begins
with several key conversations.

And the retailer, not you, should take the lead, says Ryan Riggs, senior merchandising manager for Keen. "You shouldn't have to pose the first question; the salesperson should be asking all the questions to get you in the best possible shoe."

Questions like "what activities are you interested in?" and, "how often and under what conditions will you use the shoe?" are key, says Riggs.

Also, retailers should offer a gait analysis for running shoes to see if you pronate (ankles roll in) or supinate (ankles roll out) when you move.

Armed with this information, you'll be able to narrow down your best choices. Oh, and then you can start talking colour and pattern – an area in which choice has never been better!

RUNNING

If you're experiencing pain in your feet, knees or hips or overall muscle fatigue when you run, then you are likely wearing ill-fitting shoes, says Sarah McBean, Brooks guru. McBean says you'll know if a shoe works for you when you stop thinking about how your feet feel.



NEWBIE

Brooks Ghost 8, \$150

This shoe comes with specialized grooves in the sole to optimize flexibility. Combine that with a seamless upper for a sock-light fit and you've got a great shoe to begin your running career in.



Adidas Ultra Boost, \$210

Offering good heel support and stability, this shoe also features a stretch web outsole that adapts to foot strike and movement, accommodating the natural expansion that feet experience while running.



EXPERIENCED

Reebok Pump, \$140

Inspired by high-performance tires, the edges and underfoot grooves offer precise handling and control. But what we really love is the ingenious pump technology, which provides runners with a customized fit with just a few pumps of air.



It won't require much effort to surround yourself with lush meadows, carpets of wildflower and spectacular views of the surrounding peaks in Banff. The 1.8-kilometre Sunshine Meadows hike, combined with the five-kilometre loop extension from Rock Isle Lake to Grizzly Lake and Larix Lake, is an easy day hike you can tackle with the whole family. Enjoy a picnic lunch with views of Mount Assiniboine – known as the "Matterhorn of the Canadian Rockies" – with still enough time left in the day to hit the spa at The Fairmont Banff Springs after your hike.

WALKING RUNNING HIKING Special

HIKING

Traditional hikers tend to like the rigidity and support of a big shoe, says Riggs, but there is a move afoot by some to lighter models. "We're seeing that more clientele appreciate lighter-weight, breathable footwear. These help you move more efficiently - for every pound off your shoes, it's five pounds off your back." As for high-top or ankle versions, Riggs says this is personal. "If you have weak ankles and worry about rolling over, go for a mid-hiker version."



Keen Durand, \$240

Lightweight, waterproof and breathable, this shoes has a dual-compound outsole for durability and traction.



Scarpa Moraine Mid GTX Light Trail, \$170

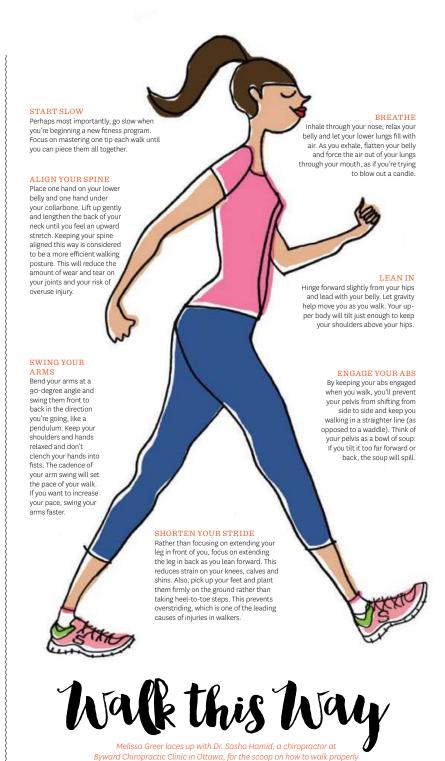
This stable, waterproof kick has a Vibram sole with an impact technology that reduces stress on the foot.



EXPERIENCED

Keen Liberty Ridge, \$240

This premium-performance boot offers a waterproof, full-grain leather upper and full-length stability shank for challenging hikes.





.8-You may want to skip wearing your finest tea dress when visiting the Lake Agnes Tea House. A moderate 6.8 kilometre trek will take you through lush forest toward Lake Agnes, where you can enjoy views of a beautiful waterfall. Have a sip of tea and some fresh pie at the historic tea house before continuing your hike to the far end of Lake Agnes and up to the top of Big Beehive for spectacular views of Bow Valley and Lake Louise.



photography by LUIS ALBUQUERQUE | styling by DEE CONNOLLY



Canada's longest footpath begins in Southern Ontario's Niagara Peninsula and runs 900 kilometres along the Niagara Escarpment before culminating at the northern tip of the Bruce Peninsula. Although the trail winds through varied and beautiful landscape, the most dramatic section can be found along the Bruce Peninsula. This section of the trek boasts a rugged landscape where limestone cliffs soar above the turquoise waters of Georgian Bay, giant boulders decorate beaches and massive caverns provide endless nooks to explore.

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Beginning in the United States, the International Appalachian Trail extends past Maine into Canada, following the crest of the Appalachian Mountains toward the Gaspé Peninsula. The Quebec section of the trail travels through Gaspésie National Park before outlining the coast of the Gaspé Peninsula, providing spectacular views of the St. Lawrence River and ending in Forillon National Park.

WALKING RUNNING HIKING Special





Cape Breton is a tiny island packed with some of the most beautiful views on the east coast. See them all as you tackle the Conquer the Highlands Challenge. A memory card full of spectacular photos and bragging rights will be yours to keep as you tackle 26 trails in Cape Breton Highlands National Park – a feat you can accomplish in just a few days. The best time to visit Cape Breton is in fall, when the trees are ablaze in bright hues of red, orange and yellow.

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SUMMER'S SOCKLESS SOLUTION

The summer's perfect walking shoe at last! The SKECHERS GOwalk 2[™] The Ultimate Super Sock[™] is half shoe, half sock, all comfort. It's an approach to footwear for both women and men a shoe that fits like a sock.



Goga Mat® Technology insole provides high-rebound



The SKECHERS GOwalk 2™
The Ultimate Super Sock™
features innovative
technologies and materials:

- · Virtually seamless knit upper
- Breathable and extremely lightweight
- V-Stride Resalyte[™] midsole helps promote proper walking gait
- GOga Mat® insole provides cushioning and stability in each step
- Quick-Fit Portal loop for easy on and off
- Antimicrobial liner prevents odour and slippage









50% SHOE. 50% SOCK. 100% COMFORTABLE.™ THE ULTIMATE SUPER SOCK.

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Diary Of A New Kunner

Meet *Celine Tarrant*. A busy life took her away from the gym and healthy eating, resulting in a weight gain of 40 pounds over four years. Unhappy with the way she looked and felt and on the brink of a major life change, she signed up for a 10K. She hasn't looked back since.

IN THE BEGINNING...

Going into it, I just wanted to lose a few pounds before starting a new job. I had no idea what I was getting myself into. I began training on the treadmill but soon realized I couldn't even run two minutes before I was covered in sweat and completely breathless.

I came up with a plan, forcing myself to run for two minutes, walk for one minute and then run for two minutes again. Netflix and podcasts got me through the longer runs on the treadmill and, over the course of six weeks, I gradually worked my way up to running 30 minutes straight without stopping.

MY BEST DAY...

Without a doubt, running my first 10K was a highlight. Even though I have run much tougher, longer and faster races since then, that was the first time I ran for a whole hour without stopping. More than that, it was the first time that I really enjoyed running. That was the day I stopped thinking of it as a chore and

more like something to be savoured. I keep all my medals and race bibs in a box and, whenever I'm feeling discouraged or unmotivated, I open it up and remember what I've accomplished and how far I've come.

MY WORST DAY...

I went into my second 10K with high expectations and, looking back, maybe too much confidence. I had trained hard and was looking forward to blowing my previous time out of the water. It wasn't meant to be. It was 30 degrees out and, after the first few kilometres, my legs were cramping and I was overcome with extreme thirst. My breathing was all wrong and I felt like I was sucking air through a straw. By the time I crossed the finish line, I was barely putting one foot in front of the other. I came in four minutes slower than my previous time. I was not only disappointed but also embarrassed, since my friend, a first-timer, came in 10 minutes ahead of me.

That's still the worst I have ever

felt on a run. I was dehydrated, and it took me three days to recover.

MOST SURPRISING BENEFITS OF RUNNING...

Two words: weight loss. The first 25 pounds just melted off. With changes to nutrition and more strength training, I've lost 60 pounds in the past year and put on some serious muscle.

On top of that, though, I've been pleasantly surprised to discover my passion for fitness and nutrition. Once I realized the positive impact a good diet had on my running, eating well became less about depriving myself and more about fuelling my body so it could perform at its prime. I now love experimenting with healthy recipes.

Most of all, I love that I can be spontaneous about fitness. I used to dread outdoor activities and fitness classes with friends. Now, I sign up for races, fitness classes and sports on a whim, with no doubt that I'll be able to keep up. I've become "that girl," and I like the feeling.



MOVING FACTS

Inspo and info to get (and keep) moving

Kudos if you've hit this running milestone! Celebrate with new shoes. Wear and tear on soles and cushioning will likely start to show at this point now, impeding your progress.

These MOTIVATIONAL TOMES will have you dusting off your sneaks well before you turn the last page.



RUNNING LIKE A GIRL: Notes on Learning to Run

by Alexandra Heminsley \$14, amazon.ca

LIZZY HAWKER

RUNNER: A short story about a long run by Lizzy Hawker \$14. amazon.ca

The number of calories that melt away with every 3,000 steps walked

HOUR



FLOW NATURALLY ALKALINE SPRING WATER. FLOWLIKEWATER.COM

The year the marathon distance was standardized at 42.195K. Earlier races were around 40K, a length historically chosen to commemorate the Greek soldier Pheidippides, who ran between Marathon and Athens with battle news.

Cool content from real women on fitness, nutrition and gear

runsoulcycle.com hungryrunnergirl.com healthytippingpoint.com fannetasticfood.com

IPAD

TAYLOR SWIFT

(Because trying is worth the effort) 79 BEATS PER MINUTE (BPM)

QUEEN

DON'T STOP ME NOW (If Freddie Mercury thinks you can keep going, who's to argue?) 156 BPM

VANGELIS

(Enough said)

138 BPM

JOURNEY (Yes, you can crush that final stretch) 119 BPM

THE POSTAL SERVICE

SUCH GREAT HEIGHTS (Need we say more?) 175 BPM

KELLY CLARKSON

(No pain, no gain, right?) 116 BPM

> FLORENCE + THE MACHINE

(Cuz it's time to run just for you) 150 BPM

KANYE WEST

(That's what it's all about, isn't it?) 104 BPM

FOSTER THE PEOPLE

(Cool sneaks make everything better)

104 BPM **SURVIVOR**

EYE OF THE TIGER (Um, it's Rocky)

109 BPM

seventeen

THE OPTIMAL NUMBER OF FLUID OUNCES TO DRINK BEFORE EXERCISE. START TWO HOURS AHEAD TO AVOID PEE BREAKS ONCE YOU GET GOING.

FIND OUT WHY BPMS ARE KEY TO TRAINING AND GET MORE SONGS IN YOUR **FAVOURITE GENRE**



QI'A SUPERFOOD (Try Blueberry Cashew Pumpkin Seed)



(Try Peanut Butter Chocolate)



CLIF LUNA (Try S'mores)

TRACKER: GOMORE STAMINA SENSOR, \$180. This comes with a heart rate monitor and tracks lactic acid

buildup and energy reserves to ensure you don't push too fast too soon. PEDOMETER:

OMBON POCKET PEDOMETER \$45 (well.ca) It's small you can wear it anywhere and it has a seven-day

APP: JOG.FM

memory.

It plays music from your iTunes library that matches your running pace.

WEBSITE: FITCLICK.COM This site offers a little of everything: diet tips, calorie counters and fitness ideas.



CHAD CAMPBELL; PHOTOS, GEOFFREY ROSS



For hikers looking for a serious challenge, Centennial Ridge is just the ticket. From the several routes in the area, the North approach is most challenging and least crowded. The steep and narrow 21-kilometre trek is decorated with beautiful rock formations all along the route and provides some of the most gorgeous views of the Canadian Rockies. Your eyes will be treated to vistas that reach from Mount Temple, near Lake Louise, all the way to the skyscrapers of Calgary.



FROM WALK TO RUN

10-WEEK PROGRAM

Ready to take your daily walks to the next level? You can go from strolling to striding in no time with our customized learn-to-run plan. In just a few short months, you'll be ready for your first 5K. Let's get started!



SUN	nn Day off	Gentle yoga cla	
SAT	Rum/walk (24 MINUTES) Alternate 5-minute run with 1-minute walk x4	Rum/walk (24 MINUTES) Alternate 7-minute run with 1-minute walk x3	Run / walk
E	Strength train	Strength train	
THURS	Day off	Day off	
WED	Run/walk (24 MINUTES) Alternate 5-minute run with 1-minute walk x4	Run/walk (24 MINUTES) Alternate 7-minute run with 1-minute walk x3	Run walk
TUES	$Yoga\ class$	Strength train	
MOM	Run/walk (24 MINUTES) Alternate 5-minute run with 1-minute walk x4	Run / walk (24 MINUTES) Alternate 7-minute run with 1-minute walk x3	Run walk
	1	S	

nga class

Strength train

Alternate 9-minute run

Run | walk

Dayof

Strength train

Alternate 9-minute run

(30 MINUTES) Run/walk

Dayoff

fast run with 1-minute

walk x5

Easy 5-minute run; alternate 1-minute (20 MINUTES)

Run / walk

with 1-minute walk x3

with 1-minute walk x3 (30 MINUTES)

Yoga class

Alternate 8-minute run

(27 MINUTES)

Strength train

Dayof

Alternate 8-minute run with 1-minute walk x3

(27 MINUTES)

Strength train

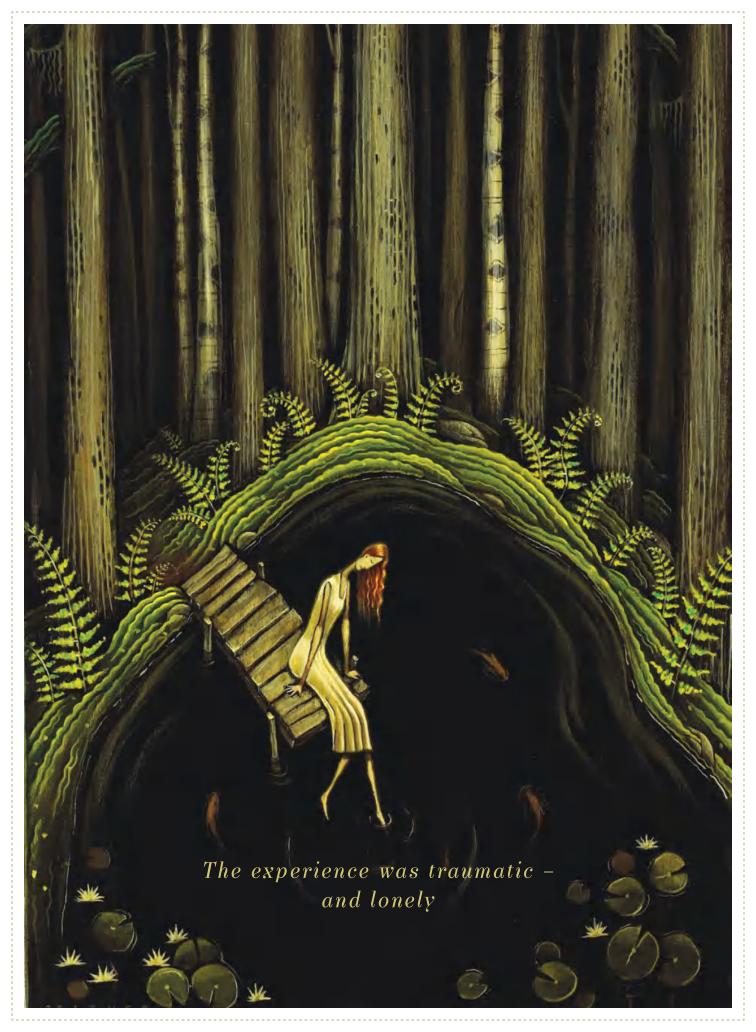
Alternate 8-minute run

(27 MINUTES)

with 1-minute walk x3

with 1-minute walk x3

Strength train Strength train Race day (25 MINUTES) You're ready for this – have fun!	Run wallk (26 MINUTES) Alternate 5-minute run with 15-second walk x5 Run wallk (31 MINUTES) Alternate 6-minute run with 15-second walk x5 Yoga class	Day off Day off	Yoga class Strength train Run walk (25 MINUTES)	Run walk (26 MINUTES) Alternate 5-minute run with 15-second walk x5 Run walk (31 MINUTES) Alternate 6-minute run with 15-second walk x5 Yoga class	Strength train Yoga class	Easy 5-minute run; Alternate 1-minute fast run with 15-second walk x4; walk 1 minute Run / walk (22 MINUTES) Easy 8-minute run; Alternate 1-minute fast run with 15-second walk x4; walk 1 minute; easy run 8 minutes Run / walk (25 MINUTES) Easy 8-minute run; Alternate 1-minute fast run with 15-second walk x4; walk 2 minutes
Strength train	Rum walk (26 MINUTES) Alternate 5-minute run with 15-second walk x5	Day off	$Yoga\ class$	Run walk (26 MINUTES) Alternate 5-minute run with 15-second walk x5	Strength train	Rum / walk (16 MINUTES) Easy 5-minute run; Alternate 1-minute fast run with 15-second walk x4; walk 1 minute
Strength train	Run/walk (26 MINUTES) Alternate 5-minute run with 15-second walk x5	Day off	Strength train	Run walk (26 MINUTES) Alternate 5-minute run with 15-second walk x5	Yoga class	Run walk (22 MINUTES) Easy 5-minute run; Alternate 1-minute fast run with 30-second walk x8
Strength train	Run walk (30 MINUTES) Alternate 7-minute run with 30-second walk x4	Day off	Yoga class	Run walk (30 MINUTES) Alternate 7-minute run with 30-second walk x4	Strength train	Run walk (21 MINUTES) Easy 6-minute run; Alternate 1-minute fast run with 30-second walk x6
Strength train	Run walk (26 MINUTES) Alternate 6-minute run with 30-second walk x4	Day off	Strength train	Run walk (26 MINUTES) Alternate 6-minute run with 30-second walk x4	Yogaclass	Rum walk (24 MINUTES) Easy 5-minute run; Alternate 1-minute fast run with 1-minute walk x7



HAVE YOU HAD TO PART WAYS WITH A FRIEND? HOW DID YOU COPE? JOIN THE CONVERSATION ON OUR FACEBOOK PAGE

BREAKING UP IS HARD TO DO

Whether it's what Gwyneth Paltrow would classify as a "conscious uncoupling"

OR A GUT-WRENCHING GOODBYE,

breaking up with a friend is never easy.
Writer *Diana Ballon* digs deep into the loss of her own BFF and learns some valuable lessons about the bonds of female friendship.



Illustrations by Tim Zeltner



FRANCIS* AND I FIRST MET WHEN WE WERE eight or nine

years old and our families shared cottages next to each other on Ontario's Georgian Bay. While we were initially thrown together due to our mothers' friendship, we soon began to spend time together because we genuinely enjoyed each other's company.

From the beginning, I was intrigued by Francis: She seemed as free-spirited and cool as I was awkward and self-conscious. Francis could have a fiery temper at times, but I attributed that to her striking red hair. She reminded me of my favourite heroine, Anne of Green Gables. We both liked to paint, to swim, to lie on the flat beige and pink rocks on the side of the bay. We'd continue to meet up at the cottage each summer – I was from Montreal, and she was from Toronto.

Over the years, we bonded over many cups of tea. At first it was tentatively at the cottage on wooden chairs at the family dinner table. Then later, during our high school years, she'd buy exotic flavours of loose-leaf teas in Toronto's Kensington Market, wrap them in cellophane and mail them to me. When I moved to Toronto in my 20s, we would get together more often. And once a year, we'd meet up for high tea. We'd dress up in dangling earrings, dresses and loose scarves and meet at a fancy hotel, leaving diapers and other domestic responsibilities at home. While I always cherished these times together - and still do - as the years passed, it became harder and harder to get together. Weeks stretched into many months of not getting together. I could see that she was happy and knew that life was busy, but I couldn't stand not feeling prioritized. Eventually, our friendship simply fizzled.

In retrospect, even when Francis did make overtures to reconnect, I think I pulled away: Too much of a sense of rejection had already settled in. Francis never did anything awful to me; she simply didn't make the effort I needed to feel like an important friend. On a Friday night in October 2013, we found our breaking point: We were supposed to get together for dinner, but I ended up staying at work late, waiting to hear back from her about a plan. I became increasingly irritated as the hours ticked by. Eventually I called and left her an angry message. She called back, very angry, and we agreed, I suppose, to disagree. She said, "Well, what does this mean? Is this it?"

WHEN IT'S OVER, IT'S OVER

Best friends "rarely are forever," writes psychologist Irene S. Levine in her book *Best Friends Forever: Surviving a Breakup with your Best Friend*. After polling more than 1,500 women on their fractured friendships and friendship breakups, Levine confirmed that "being tossed aside by a best friend is just as painful as being jilted by a boyfriend, husband or lover." It shouldn't be so surprising, considering the amount of negotiation necessary for platonic friendships to succeed. It's much the same as a romantic relationship: You need to be able to manage conflict and have the capacity to talk about the relationship and set boundaries.

Sociologist Carol Smart, professor emerita at the Morgan Centre for Research into Everyday Lives at The University of Manchester, says that the difference between the breakup of a relationship with an intimate partner and platonic friend is that one is recognized and one isn't: "While everyone talks about a breakup with a lover or a divorce, you're kind of not supposed to feel that way [with the end of a platonic friendship]. People don't understand why, since we choose our friends, it's such a big deal to 'unchoose' them."

But the loss of a friendship can be a serious life event because our friends have become significant and lasting figures in our lives. The intimacy and intensity of female friendships tend to last longer these days compared to, say, our grandparents' generation because "youth is extending until about age 30," says Smart. With people getting married later, having children later and staying in university longer, there are many more years for women to focus on everyday friendships in a way they often can't when they have their own families and fulltime jobs.

DEALING WITH A BREAKUP

Women "break up" for all kinds of reasons. For some, it's because of a betrayal, because they feel replaced or because one person becomes too needy and the relationship doesn't feel reciprocal. For others, feeling unsupported after a significant life event, such as a parent's death or the birth of a child, is enough to end a friendship. Other times, over many years, women may simply

Take a minimoment

with whole grain*, popped Crispy Minis® rice chips.



Gluten-Free and Delicious



cease to have things in common. For me, I stopped feeling prioritized and, perhaps because I'm a twin, this is something I feel particularly sensitive to. I need to be the most special, at least part of the time.

Montreal therapist and sole parent Isabel Melo describes feeling ravaged when a 37-year-old friendship to someone she says was like a sister came to an end very abruptly via email. After months of her friend not returning her calls or emails, she received what she described as a breakup letter on New Year's Eve from her "ex-friend." It stated that she was not to try to reach her again and that "to contact her would be a serious violation of her boundaries."

"She broke my heart: I cried and cried and cried," she says. "It's like a hole. It affects your history. When I think back to my childhood, she's there. My adolescence, she's there...."

Mara Korkola, a Toronto artist, also experienced a breakup by email, without explanation, in what she describes as a "Dear John" letter. She says she felt confused and frustrated at not even being given an opportunity to process what had happened with her friend.

When Francis uttered those words to me over the phone that fall day in 2013, I was crushed. I cried on several occasions, engaged my poor husband in one too many conversations about this severance and suffered miserably

from feeling rejected. The experience was traumatic – and lonely. It was like getting divorced but without the recognized grieving process. People don't exactly send cards or call after a breakup with a friend.

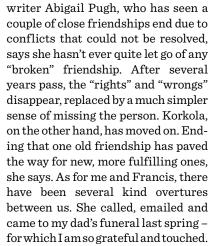
THE LOSS OF A FRIENDSHIP CAN BE A serious life event

WHEN FRANCIS UTTERED THOSE WORDS

to me over the phone that fall day
IN 2013, I WAS CRUSHED

MOVING ON

Melo says that, while she is hurt and wouldn't have the same trust or respect for her friend, she has forgiven her and would rekindle the relationship in a minute. Toronto



I called and emailed to wish her happy birthday shortly after, and we've had several other email exchanges since then. Perhaps a reconnection is possible.

I have difficulty abandoning the past. Francis accepted and valued me from an age when I didn't even do the same for myself. We know each other. We have fun and we can be silly and young like we were when we first met – and I do miss her. Writing this article has been therapeutic. I realize now that neither of us is "wrong" or bad; we've simply landed in different places – literally and figuratively. We're no longer those young girls whiling away the steamy summer days on a cottage dock. And that, I now understand, is OK. **

*name has been changed.

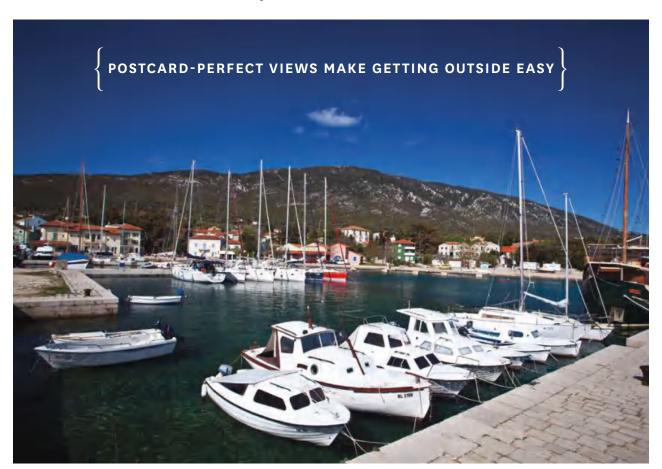




WEB

WALKING IN PARADISE

One woman's trip to a Croatian island nudges her toward a healthier lifestyle $\it by$ ROSALIND STEFANAC



IT'S 8 A.M. ON A SUN-DRENCHED AUGUST MORN-

ing and I don't feel much like moving, let alone embarking on a trek that will wind through forests, over hills and through a fishing port. I arrived in Losinj, a 33-kilometrelong island on the western coast of Croatia, just before midnight yesterday after almost 16 hours of travel from Toronto via plane, bus and ferry. Sleep seems like a much better option.

But my sister, who has been here for a week on vacation

and is already looking more toned, coaxes me with the promise of an afternoon of lounging when we return. We opt for a three-kilometre paved path from Mali Losinj (the island's municipality where we're staying) to Veli Losinj, a pretty little town on the southeast side. It's one of the shortest and most popular trails on the island. At a brisk pace, seasoned walkers should be able to do both directions in 45 minutes, but in my jet-lagged state it takes us an hour and a half. Still, within minutes of setting out, I'm

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ABOUT 40 PERCENT OF GUESTS COME FOR HEALTH REASONS, SEEKING REFUGE FROM STRESS, FATIGUE OR RESPIRATORY ISSUES.



smiling. To the left of the path is an awe-inspiring vista of massive flat rock nestled against the azure waters of the Adriatic Sea. To the right is a 100-yearold forest of trees that tantalizes my nostrils with the scent of pine.

Welcome to a walker's paradise. Dubbed the "Island of Vitality" for its optimal geographic air quality, 1,200 plant species and 207 days of sunshine a year (attributed to a geographic location that combines the Mediterranean and mountain/plain climate), Losinj has hundreds of kilometres of trails that boast impressive views. The hotels in the area can provide a guide, but between the signs and friendly locals, it's pretty easy to find your way around.

Posted along many of the trails are large information boards in English and Croatian that give tips on proper walking posture, as well as stretches to do before and after your hike. Durdica Simicic, director of the Tourist Board of Mali Losinj, says the city put up the signs several years ago to promote exercise among tourists and locals and to inspire them to "take in the beauty of Losinj and of life itself." Sure enough, certain boards suggest walkers engage their senses, be it by gazing at the ocean, touching the stones en route or inhaling the scent of pine.

During our walk, we pass other tourists and locals of all ages, some of whom are running or biking. One local tells me he runs this path every morning before work. Some rest at one of several benches situated along the way to have a drink of water or a snack. By the time we finish, I'm feeling so energized, I suggest a cooling dip in the ocean before we head back to the small apartment my parents own. Tomorrow we'll start a trail on the other side of the island that

- 1. ENJOY GREAT EATS IN LOSINJ
- 2. A PEEK AT SOME WILDLIFE
- 3. VILLA KAROLINA
- 4. BEACHES OF BOK BAY
- 5. CIKAT BAY

FLIGHT FROM TORONTO TO ZAGREB, CROATIA during peak season (June to August), \$1,400; off-season, \$900

BUS FROM ZAGREB TO LOSINJ (including 20-minute ferry boat), \$60 one way

DAILY BIKE RENTAL

WHERE TO STAY

There are several four- and five-star hotels and villas on the island, as well as private rooms/ apartment units equipped with their own small kitchens and bathrooms. Prices for a private residence for two people range from \$54 to \$85 per night, depending on the season. Camping is also available on several parts of the island.

WHERE TO EAT

Locally raised lamb is a staple, as is seafood. Many restaurants feature seafood caught daily by the local fishermen. Stone oven pizza is another favorite, with toppings like calamari or tuna. (Standard options are also available.) Palacinke (crepes filled with walnut, jam or chocolate) are a local sweet treat, as are fluffy doughnuts filled with jam from the island's citrus fruit. During the summer, vendors sell fruit and fresh cobs of hot corn on the beach. Local wineries provide wine at \$10 per litre.

will take us four hours to complete.

The health benefits of Losinj date back to the 1880s, when the son of Dr. Conrad Clar recovered from severe scarlet fever after spending three weeks on the island.

Researchers began investigating the area's exceptional air qualities attributed to the island's combination of Mediterranean and mountain/plain climate and, in 1892, the Austro-Hungarian monarchy at the time proclaimed Mali and Veli Losinj to be natural climatic health resorts.

Simicic says 40 percent of guests come to the island for health reasons, seeking refuge from stress, fatigue or respiratory issues. In fact, a recent study published in 2013 in local literature showed that after only 10 days. island visitors saw improvements in their lung function.

My mother is a prime example. She has severe asthma and emigrated from Croatia in her teens. She first heard of the island from a friend almost two decades ago and decided to check it out. She found it so beneficial that she and my father have been coming back ever since, and they purchased an apartment there 15 years ago. Over time, the wonders of Losinj's walking trails have been introduced to all of our family.

Though I've visited the island before, this particular trip helps kick-start a much-needed return to walking and an overall focus on good health. As a selfemployed writer for the past two years, my days have turned into long, sedentary stretches perched in front of my laptop, with the neck pains and extra pounds to prove it. But the trails in Losinj remind me how good it feels to get outside and put one foot in front of the other. by



GOT A SPLITTING HEADACHE?

Here's how to ID that throbbing ache and, more importantly, how to make it stop ASAP so you can get on with your life

TENSION HEADACHE

The most common type of headache is a tension headache. The pain, which can last for weeks – even months – is often described as a band-like pressure around the head, and it tends to be fairly constant. You may be able to feel points of tenderness on the scalp, but there is no associated vomiting or aversion to bright light (photophobia).

Tension headaches can be brought on by stress, noise, fumes and concentrated viewing of TV or computer screens. Sometimes they arise because you're dehydrated. Even just the worry of having a headache may cause the pain to continue. It is important to remember that this type of headache is not dangerous. In many cases, medications available at the pharmacy will help you manage the pain.





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MIGRAINE

Migraine headaches are characterized by a throbbing pain on one side of your head. This is often accompanied by vomiting, flashes of light and sometimes a tingling sensation or numbness moving across the body. Symptoms can last up to 72 hours.

Stress and certain foods, such as chocolate, can trigger attacks, so keep a journal to see if you can find a pattern.

For pain relief, ASA or acetaminophen is often taken. You should avoid medications that contain caffeine, such as codeine, as they may cause headaches once you stop taking them. Be sure to talk to your doctor about medication options, as there are specific anti-migraine drugs you can take to prevent or minimize an attack. Most people find some relief by resting in a dark, quiet room.

SINUSITIS

Sinusitis is often easily diagnosed because the headache may be associated with an upper respiratory tract infection or a cold with a fever, a runny nose and tenderness around the sinuses – at the top of the nose and around the eyes. Simple steam inhalations or decongestants can help, but sometimes antibiotics are needed to clear an infection. If your headache lasts for more than a few days, see your healthcare practitioner.

CLUSTER HEADACHE

Despite being referred to as "migrainous neuralgia," cluster headaches are not migraines. They tend to affect men more than women, typically beginning in your early 30s and disappearing after age 35. The condition occurs more frequently among heavy smokers. Alcohol consumption may sometimes trigger an attack.

The symptoms, which usually last between 30 and 90 minutes, are recurring attacks of extreme pain, located around one eye. Other symptoms include excess production of tears and blockage of the nostril on the side of the pain. There may also be vomiting. Sufferers also tend to develop a pattern of pain at certain times of the day.

The attacks may occur several times over a number of weeks and then be followed by months of being free of symptoms before another cluster of attacks occurs. In severe cases, attacks can occur several times a day.

Painkillers and treatments for migraines tend to bring little relief. Lithium carbonate may help in severe cases, but this toxic drug has unpleasant side effects – including nausea, vomiting and tremor – and does requires close monitoring.

TRIGEMINAL NEURALGIA

Trigeminal neuralgia may be caused by damage to the trigeminal nerve, the main sensory nerve to the face. Sufferers tend to be middle-aged or elderly. Common causes of damage include infections (such as shingles) and dis-

eases (such as multiple sclerosis) that affect the protective layer that encases the nerve fibres.

Factors that can trigger trigeminal neuralgia include the cold, touching your face, eating and drinking. The pain is often sudden and severe.

Attacks may last only seconds but can occur several times a day. Bursts of pain may be followed by a dull, aching sensation.

Drug treatment with tricyclic antidepressants or anticonvulsants, such as carbamazepine, often proves highly effective. Destroying part of the nerve by a local injection of phenol or by surgery may also be effective but can lead to permanent numbness.



of your headaches are important clues that may help distinguish a common headache from a more serious one. Be prepared for the questions your doctor may ask in his/her quest for a diagnosis.

- When did the headaches start?
- Was the onset sudden?
- Is it one headache that is present all the time or does it come in bursts? If so, how long does each burst last?
- When do the headaches occur (for example, in the morning) and how often do they occur?
- Are they getting worse?
- What sort of pain is it: stabbing or aching?
- Where does it occur: in one particular place or all over?
- Is there anything that seems to bring the headache on, make it worse or relieve it, such as certain foods, bending or coughing?
- Does anything else occur with the headache?

DANGEROUS LIAISONS

Headaches that signal a more serious problem rarely occur in isolation. Typically, there will be several symptoms. If you experience any of these types, don't self-treat.

SUBARACHNOID HEMORRHAGE

A subarachnoid hemorrhage is signalled by a sudden, extremely severe headache that may feel like being struck on the head with a hammer. Your neck feels stiff and you may lose consciousness. It is caused by blood leaking from vessels and pooling under the protective coverings of the brain. This is an emergency condition requiring immediate hospitalization and probable surgery to secure the bleeding vessel.

MENINGITIS

A severe headache may be a symptom of meningitis. Such headaches often develop over a matter of hours or days. Suspicion is raised if there is an accompanying fever, a rash, neck stiffness, irritability or varying levels of consciousness. Meningitis may be bacterial or viral in origin. Bacterial meningitis needs early treatment with antibiotics. Hospitalization is essential, and a doctor should be consulted as soon as possible.

RAISED INTRACRANIAL PRESSURE

An increase in pressure exerted on the brain can cause a severe headache. This can be due to an increase in the production of fluid within the brain, a decrease in its drainage (hydrocephalus) or a growth (tumour) within the skull. Other more obvious causes include a headache following a traumatic head injury or a heart attack, where there has been a reduction in oxygen supply to the body.

Apart from a headache, the symptoms of raised intracranial pressure include problems with speaking or writing and difficulty with moving limbs. Typically, the headache is felt all over the skull, is most severe on waking and eases upon standing up. Pain tends to be worse when coughing or bending forward. Vomiting may occur.

The headache usually becomes progressively worse over a matter of days, but the speed at which the pain develops depends on the cause. Headaches caused by hydrocephalus tend to develop in hours or days, whereas pain due to a tumour will progress over weeks or months. **\text{M}*



A NEW SPIN ON THE THREE RS

Ziya Tong, star of the Discovery Channel's *Daily Planet*, is dedicated to recycling causes. She's but one inspiring Canadian committed to change.

by AIMÉE BROTHMAN

CANADIANS ARE OFTEN VIEWED

as tree huggers – and for good reason: A love of the great outdoors is definitely in our DNA. But, we have to keep striving to take better care of our environment if we're going to be able to enjoy it for generations to come. Luckily, there are eco visionaries hard at work across the country teaching all of us – from grade schoolers to teens to grown-ups – the latest about the three Rs.

RECYCLE

Ensuring that empty juice cartons and shoeboxes end up in the blue bin is still important, but recycling doesn't end there. Ziya Tong, cohost of Discovery Channel's show, Daily Planet, is the ambassador for a car tire recycling program called Rethink Tires. Since its launch in 2009, nearly 75 million tires have been diverted from Ontario's landfills.

The rubber has been repurposed and made into everything from roofing shakes to playground surfacing, which Tong explains is a win-win deal: With the Community Renewal Fund, grants of up to \$50,000 are given when building these playgrounds, which means bigger and better equipment for kids in neighbourhoods across the province.

In addition to simply diverting trash, Tong encourages people to actually make less of it. Small lifestyle changes can be really impactful, she says. For example, she brings her own cutlery to work instead of using plastic forks.

Tong is also trying to teach the value of buying quality products



with longevity, whether it's jeans, shoes or a living room sofa. "I want to be able to show people you can have killer style without it killing the environment," she says. "The most important thing is for people to think, where did this come from and where is this going? Those are the two questions I ask myself all the time."

REDUICE

You're never too young to start caring for the environment. That's the motto of Earth Rangers, a national program for kids ages six to 12 that aims to get the next generation involved in eco issues. There are about 100,000 members and they learn about conservation through the Earth Rangers school presentations and online community.

A recent "battery blitz mission" had kids collecting 20 used batteries and taking them to their local recycling depot. As a result, more than 330,000 batteries were diverted from landfills and disposed of properly. Every Earth Ranger learned about the consequences of landfill waste and the harmful leaks that can occur when toxic waste isn't handled right. In another mission, Earth Rangers identified sources of energy leaks and water waste at home and then worked with their parents to fix them.

REUSE

In Vancouver high schools, Can You Contain It? is an ongoing program that encourages students to opt for reusable drink and food containers. But that's not all teens can learn about eco issues at school. Metro Vancouver's Sustainability Toolbox programming also includes a unique eco camp program: Students in grades 10, 11 and 12 have the opportunity to attend a week-long leadership field course.

Teens attend Camp Alexandra in Surrey, BC, and participate in a classic summer camp experience, with activities like swimming and hiking. They also make trips to local watersheds and farms, where they're taught about the complex eco-systems they depend on every day, prompting them to address issues like where food comes from and where waste ends up. Bruce Ford, Metro Vancouver's sustainability education coordinator, says: "The central goal is to inspire and support our students to get to know, value and actively care about their region - as change makers and as youth leaders." by

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MANAGING DISEASE

FROM THE DRUGSTORE

Dispensing and monitoring meds is just the beginning of what your pharmacist can do for you

by JANE DOUCET

IMAGINE THIS: YOU'VE JUST

been diagnosed with high blood pressure. Your doctor writes you a prescription for medication, which you drop off at your local pharmacy. You have lots of questions, including what possible side effects the new drug may cause and whether it's OK to take it with your other medications.

Your pharmacist can answer those queries - and now do even more to help you manage your condition. Recently, the role of Canadian pharmacists has expanded to include the provision of many other healthcare services beyond dispensing drugs. Depending on where you live, your pharmacist might be able to authorize refills of blood pressure medication if physician-authorized refills have lapsed, for example. "Providing refills for chronic medications is new and ensures continuity of care - an important element in chronic disease management," says Philip Emberley, director of pharmacy innovation at the Canadian Pharmacists Association.

And that's just the beginning. You may not realize it, but your pharmacist may also be able to give a flu or shingles vaccine, order lab tests or prescribe medication for minor ailments. "The broader scope of the role of pharmacists is a reflection of



all the services they can provide for their patients," says Emberley.

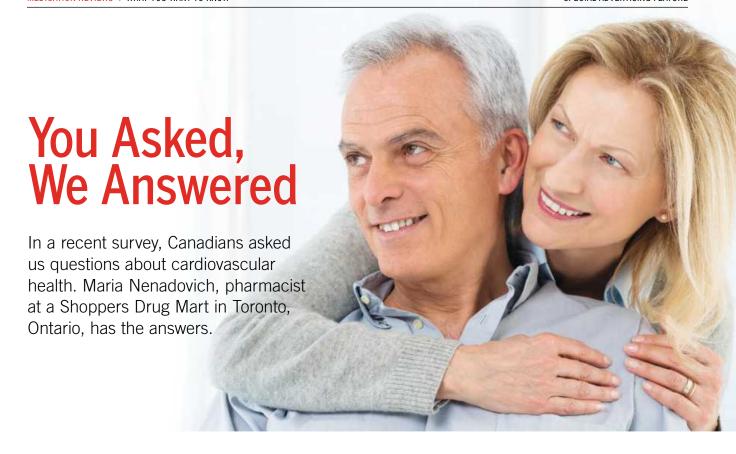
Glenda Marsh can attest to that. She is the owner and pharmacy manager of a Shoppers Drug Mart in Brandon, MB, and the council president of the College of Pharmacists of Manitoba. Since new regulations in Manitoba were introduced last year, she has been able to do much more for her patients. This includes prescribing inhalers as part of the continuing-care process, prescribing nasal corticosteroid sprays and giving the human papilloma virus vaccine.

As pharmacists did before, a key

component of their job is to provide counselling on how to manage certain conditions, including high blood pressure. All Shoppers Drug Mart stores offer blood pressure monitoring machines, which can be used daily at no charge. But patients don't have to do it alone; a pharmacist can assist and give direction for more accurate results.

The pharmacist can also interpret the paper printout reading (available in all Shoppers Drug Mart locations, except in Quebec) and advise on buying a home monitor. Tracking materials are available, too, including a card that patients can put into the monitor that will report and print their last 10 blood pressure readings, as well as the average of them. Marsh also provides a booklet where patients can record their readings and keep them handy for their next doctor's appointment.

These additional services may mean that pharmacists see certain patients every week, sometimes even more frequently. "You build long-term relationships and get to know them on a first-name basis," says Marsh. "Over time, people become more comfortable asking us questions and realize that we can do much more than just give them their prescription." Mr



Can heart disease be passed down from family?

—AMELIA, FROM ALBERTA

Family history of cardiovascular disease is considered a non-modifiable risk factor, like age, gender, and history of heart issues—things that you can't do anything about. It's important to discuss your family history with your doctor to help you understand your risk. This can also help identify the factors that you can change, like quitting smoking.

What steps should you take for heart health?

—ANTHONY, FROM ONTARIO

There are a number of steps we should all take to maintain heart health: healthy eating, physical activity, quitting smoking, controlling cholesterol, managing high blood pressure, controlling blood sugar, and maintaining a healthy weight. We have to start early and we have to be aware. Talk with your pharmacist and doctor about the steps you can take to improve your heart health.

What are the earliest signs of heart disease?

—LEONARD, FROM ONTARIO

Most signs of early heart disease are silent and are diagnosed in a doctor's office. However, cardiovascular disease has serious consequences that include heart attack and stroke. For example, stroke can result in permanent brain damage, being unable to speak, hospitalization, and death. Work with your pharmacist and doctor to monitor your blood pressure and heart medication.

How can high blood pressure be reduced?

—KATHY, FROM ONTARIO

High blood pressure is a resting blood pressure that's above 140/90 mmHg. Once diagnosed, the optimal way to manage your high blood pressure is to continue to take your medication as prescribed. Additional actions you can take include:

- · Exercise regularly.
- · Maintain a healthy body weight.
- · Reduce stress with things like yoga or mindful meditation.
- Reduce sodium in your diet. The general maximum is 2,300 mg per day. To lower your blood pressure, reduce your sodium intake to 2,000 mg per day.

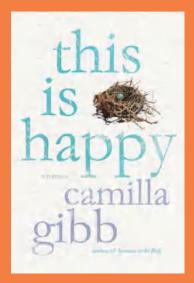
How can I prevent a heart attack?

—ALBERT, FROM BRITISH COLUMBIA

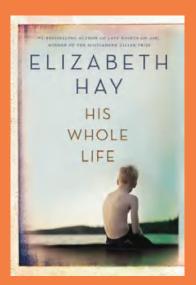
Prevention of heart attack and stroke requires early recognition and management of *modifiable risk factors*. These are risk factors over which we have some control—poor diet, obesity, smoking, high blood pressure, high cholesterol, and management of other medical conditions including diabetes.

Taking your heart medication exactly as prescribed is also crucial to managing your heart health. If you have any questions or concerns about side effects, speak to your pharmacist. Your pharmacist will also provide tips on managing your medications and tools to support your heart health.





An extraordinary memoir about grief, new motherhood and what it means to be a family.



A unique coming of age novel that is warm, wise, tender and touching from Giller Prize winner Elizabeth Hay.



TAKING FLIGHT

Paula McLain explores the life and loves of the infamous Beryl Markham in Circling the Sun, Bond Street Books, \$32

by MARK HAMILTON



WITH HER IMAGINATIVE PIECE OF HISTORICAL FICTION, Circling the Sun, Paula McLain dives into the world of real-life heroine Beryl Markham, whose notoriety stretched beyond her record as the first woman to guide an aircraft across the Atlantic, in 1936. While Beryl's historic takeoff and landing act as triumphant bookends, Circling the Sun is far more interested in the life and loves that came before that.

Raised in Kenya, Beryl's earliest memories capture the coming of age of a strong-willed tomboy marked by fearless encounters with the unforgiving landscape and wildlife of Africa. Abandoned by her mother and left with her father, a racehorse trainer, Beryl lives for adventure. Spending her days exploring and hunting, the young Beryl dreams of a future as a warrior, gender roles be damned.

The 20th century, however, has different ideas, and Beryl enters an admirable life of revolutionary protest against the constraints placed on the women of her time. Fighting for her right to love freely, train prizewinning horses and take flight over an unconquered ocean, Beryl provides McLain with a protagonist overflowing with character. Told through even and evocative prose dappled with cinematic descriptions of Beryl's beloved Africa, *Circling the Sun* profiles an unforgettable trend-setter whose numerous accomplishments are well worth another look. **

LET'S DISCUSS

Delve deeper with these book club questions

- 1Throughout the book, Beryl's romantic choices conclude in disappointment. Compared with other popular strongwilled heroines, how do her opinions on love and fulfillment differ?
- 2 Are we just as free as Beryl to make similar romantic choices, or are relationships still driven by societal pressures?
- 2 One of the key friendships is between Beryl and Kibii. How do their worlds interact? Can they coexist?







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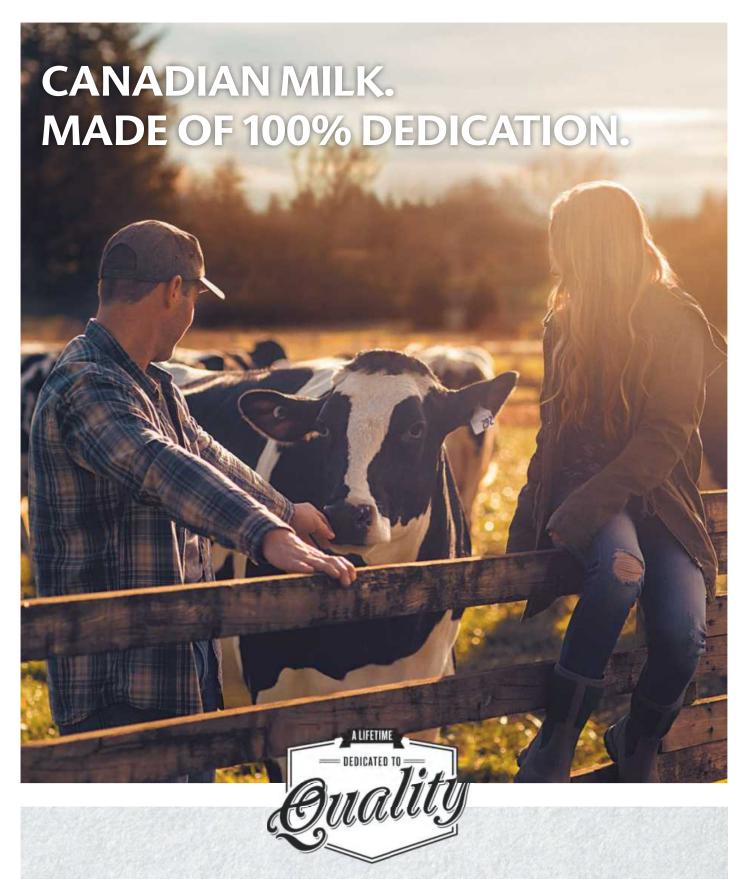
MENUS + MOTIVATION

APPLE WATCH

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photography by RYAN SZULC

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We stopped in to visit Heritage Hill Farms in New Dundee, Ontario, and spoke with Mary Ann Doré, a seventhgeneration dairy farmer, to talk about her love of family farming and producing top-quality Canadian milk.

Mary-Ann Doré's family has been farming in Canada since 1842. Due to urban encroachment, they moved to New Dundee in 2011, where Heritage Hill Farms was established. "I learned about dairy farming and producing milk from following my father around as soon as I could walk," says Doré. It seems it runs in the family — Doré's own three-year-old daughter, Nadine, even has her own wheelbarrow and helps her parents take care of the 68 milking cows at the farm.

OUALITY MILK

In Canada, dairy farms are participating in a program called Canadian Quality Milk (CQM). It lists everything from sanitization of the milk lines to cow welfare. "We have a high system of cleanliness at our farm," says Doré. "We make sure all of our washing equipment is up to date, and inspectors come through to make sure everything is working effectively and safely."

The temperature of the milk is regulated by cooling systems — within 15 to 20 minutes of the cow being milked, the temperature is brought down to between 2°C and 4°C. Testing is also done once the milk leaves the farm. Doré says that when milk arrives at the processing plant, it is rigorously tested. Any problems are immediately flagged, in

which case the farmer is fined. "There are many safeguards in place to ensure that mistakes don't happen and customers are getting a safe product."

HAPPY COWS, GREAT MILK

"We're very hands-on to make sure our cows are healthy and comfortable and that we're making a good product," says Doré. "On our family farm, there are seven of us in total that take turns doing chores, but we also work with a greater team, which consists of a nutritionist, veterinarian, plus hoof and crop specialists who work to teach us about the little nuances of how to make the farm more efficient and healthy." The cows have loose bedding, which is compost material that's soft and fluffy, so the cows are comfortable. To keep the cows cool during the summer, there are large fans and sprinklers. Plus, since the farm is situated at the top of a large hill, there is plenty of natural ventilation, which is good for air quality and keeping the cows (and farmers) cool.

PROUD FARMERS

Doré says the best part of her job is being able to work with her family to produce a top-quality product they can all be proud of. "It's nice to be outdoors and working with your hands, but the best part of the day is looking back and seeing everything you've accomplished," says Doré. "I feel really good as a dairy farmer making highquality milk in Canada."

LEARNING ABOUT 100% CANADIAN MILK

During this visit, Janet and her family spent the day learning about 100% Canadian milk. "Our visit to the farm was our family's first time being on a dairy farm," says Janet. "It was incredible to learn how much milk is produced each day, and nice to hear that there are many regulations that need to be followed to ensure only the best quality is served to the farm's customers. The amount of equipment used to ensure the cows are safe, healthy, clean, and happy was so reassuring, because as a consumer, you want to ensure no cows are being harmed in the milking process."



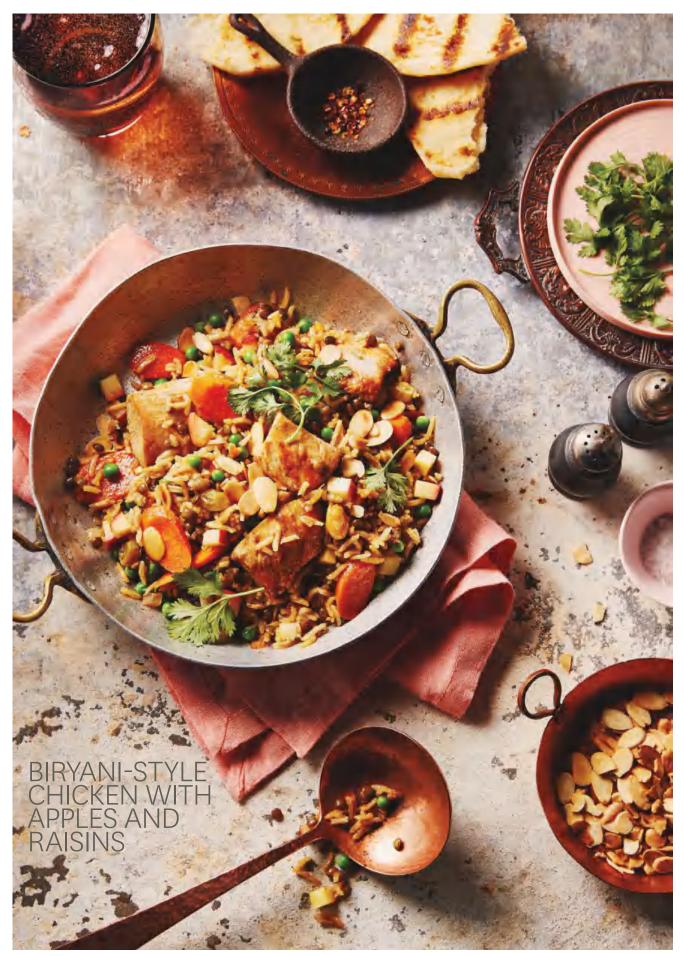
AUTUMN SUPPERS

When the temperatures dip, turn up the heat in the kitchen.
Think curries or comfort foods like beans and braised cabbage.
Here are four healthy and simple suppers, each featuring fall's
favourite fruit – apples – as the star attraction.

by ALISON KENT

 $photography\ by\ {\tt RYAN\ SZULC}\ |\ food\ styling\ by\ {\tt ASHLEY\ DENTON}$ $prop\ styling\ by\ {\tt SUZANNE\ CAMPOS}\ |\ prop\ by\ {\tt CYNTHIA\ FINDLAY\ ANTIQUES}$ $see\ Shopping\ Guide\ for\ details$

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BIRYANI-STYLE CHICKEN WITH APPLES AND RAISINS

Makes 6 servings

If desired, serve with plain yogurt stirred with chopped fresh mint.

INGREDIENTS

- 1 tbsp (15 mL) olive oil
- 6 boneless skinless chicken thighs, halved (or
- 3 boneless skinless chicken breasts, quartered)
- 1 onion, diced
- 3 cloves garlic, minced
- 4 tsp (20 mL) mild curry paste or curry powder
- ³/₄ cup (175 mL) dried green lentils, rinsed and drained
- 31/3 cups (825 mL) sodium-reduced chicken broth
- 1 large apple, peeled, cored and diced
- 1 carrot, thinly sliced
- $1\frac{1}{2}$ cups (375 mL) white basmati rice, rinsed and drained
- ½ cup (125 mL) golden raisins
- 1/2 tsp (2 mL) each salt and pepper
- 1 small cinnamon stick (or ½ tsp/1 mL) ground cinnamon)
- 1 cup (250 mL) frozen peas, thawed
- 1/3 cup (75 mL) toasted sliced almonds

METHOD

In a large heavy-bottomed pot, heat oil over mediumhigh heat. Brown chicken all over; set chicken aside.

In same pot, fry onion until softened, about 2 minutes. Stir in garlic and curry paste; cook for 1 minute.

Stir in lentils and $1^{1/3}$ cups (325 mL) of the broth; bring to a boil, reduce heat, cover and simmer for 10 minutes, stirring occasionally.

Return chicken and any juices to pot. Stir in remaining broth, the apple, carrot, rice, raisins, salt, pepper and cinnamon; bring to a boil. Reduce heat, cover and simmer until rice is tender and chicken is cooked through, about 16 minutes. Stir in peas; heat through, about 2 minutes.

Sprinkle with toasted sliced almonds.

Per serving: 489 calories, 28 g protein, 9 g fat (1 g saturated fat), 75 g carbohydrates, 12 g fibre, 57 mg cholesterol, 599 mg sodium

MAPIF APPIF BAKED BEANS

Makes 8 servings

INGREDIENTS

- 3 cups (750 mL) dried navy beans
- 4 cloves garlic, peeled
- 1 tbsp (15 mL) olive oil
- 2 onions, diced
- 1 jar (700 g) strained tomatoes (passata)
- 11/4 cups (300 mL) apple cider
- 1/2 cup (125 mL) each maple syrup and fancy molasses
- 4 tsp (20 mL) dry mustard
- 1 tbsp (15 mL) cider vinegar
- 3/4 tsp (4 mL) salt
- ½ tsp (2 mL) pepper
- 2 large apples, peeled, cored and diced

METHOD

In a bowl, soak beans for at least 8 hours, or overnight, in 12 cups (3 L) cold water; drain.

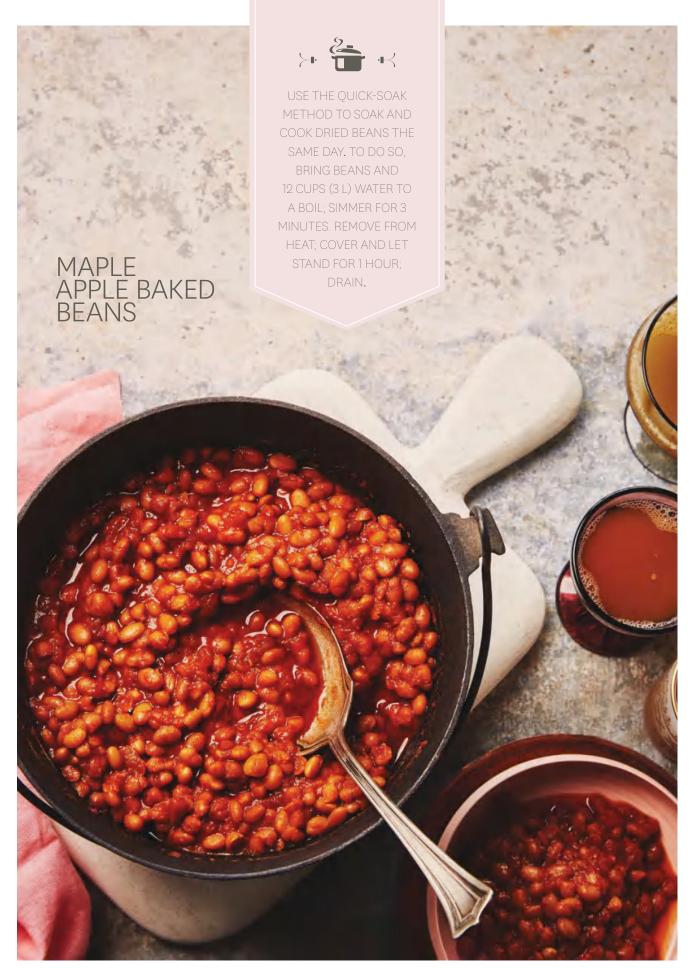
In a Dutch oven or large heavy-bottomed pot, cover beans with 12 cups (3 L) fresh water; add garlic and bring to a boil. Reduce heat, cover and simmer until beans are tender, 45 to 60 minutes. Drain; mash garlic and set both beans and garlic aside.

Return pot to stove; heat oil over medium heat. Cook onions, stirring, until softened, about 3 minutes. Stir in passata, cider, maple syrup, molasses, mustard, vinegar, salt and pepper. Stir in apples, beans and mashed garlic; cover and bake in a preheated 300°F (150°C) oven for 2 hours.

Uncover and continue baking, stirring occasionally, until sauce is thickened, about 1 hour.

Per serving: 522 calories, 20 g protein, 4 g fat (1 g saturated fat), 107 g carbohydrates, 25 g fibre, 0 mg cholesterol, 833 mg sodium

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ROAST PORK TENDERLOIN WITH CIDER SAUCE AND POTATO APPLE GRATIN

Makes 6 servings

INGREDIENTS

2 pork tenderloins (about 11/2 lb/750 g total)

1/2 tsp (2 mL) each salt and pepper

1 tbsp (15 mL) olive oil

1/2 cup (125 mL) apple cider

½ cup (125 mL) sodium-reduced chicken broth

1 tsp (5 mL) cornstarch

POTATO APPLE GRATIN

1 tbsp (15 mL) butter

1 tbsp (15 mL) all-purpose flour

13/4 cups (325 mL) milk

2 cloves garlic, minced

11/2 tsp (7 mL) chopped fresh rosemary or sage

1/2 tsp (2 mL) salt

1/4 tsp (1 mL) pepper

1/3 cup (75 mL) grated Parmesan cheese

4 yellow-fleshed potatoes (about 1½ lb/750 g), peeled and thinly sliced

2 large apples, peeled, cored and thinly sliced

METHOD

POTATO APPLE GRATIN: Grease an 8-cup (20 cm) glass baking dish. In a small saucepan, melt butter over medium heat. Stir in flour; cook, stirring, for 1 minute. Whisk in milk, garlic, rosemary, salt and pepper. Bring

to a boil; reduce heat and simmer, whisking constantly, until slightly thickened, about 5 minutes. Whisk in 3 tbsp (45 mL) of the cheese.

Pour one-quarter of the milk mixture in prepared dish to coat bottom. Layer one-third of the potatoes and half of the apples. Drizzle with one-quarter of remaining milk mixture. Repeat layers, ending with potatoes and topping with remaining milk mixture, pressing potatoes down to coat. Sprinkle with remaining cheese.

Cover with foil and bake in a preheated 375°F (190°C) oven for 45 minutes. Remove foil and continue baking until tender and golden, 20 to 30 minutes. Let stand 5 minutes before serving.

ROAST PORK TENDERLOIN: Meanwhile, sprinkle pork all over with salt and pepper. In a large ovenproof skillet, heat oil over medium-high heat; brown pork all over. Transfer skillet to a 375°F (190°C) oven and roast until pork is just pink inside and meat thermometer inserted in centre registers 160°F (71°C), about 20 minutes. Transfer pork to cutting board and tent with foil for 5 minutes before slicing.

Return skillet to stovetop. Add cider and all but 1 tbsp (15 mL) of the broth; bring to a boil over medium-high heat, stirring to scrape up brown bits from bottom of pan. Boil until liquid is reduced by one-third, about 3 minutes.

In a small bowl, combine cornstarch with reserved broth; whisk into sauce and cook, stirring, until thickened, about 30 seconds. Remove from heat.

Slice pork into thick slices; serve with Potato Apple Gratin and cider sauce.

Per serving: 436 calories, 38 g protein, 14 g fat (6 g saturated fat), 41 g carbohydrates, 4 g fibre, 110 mg cholesterol, 427 mg sodium

BRAISED RED CABBAGE WITH APPLES AND SAUSAGE

Makes 8 to 10 servings

INGREDIENTS

1 tbsp (15 mL) olive oil

6 lean turkey sausages (about 1½ lb/750 g total)

1 large onion, thinly sliced

Half red cabbage, cored and thinly sliced (about 10 cups/2.5 L)

1 large apple, cored and thinly sliced

½ cup (125 mL) sodium-reduced chicken broth

3 tbsp (45 mL) cider vinegar

2 tbsp (25 mL) grainy mustard

1/2 tsp (2 mL) caraway seeds, lightly crushed

½ tsp (2 mL) each salt and pepper

3 tbsp (45 mL) chopped fresh parsley

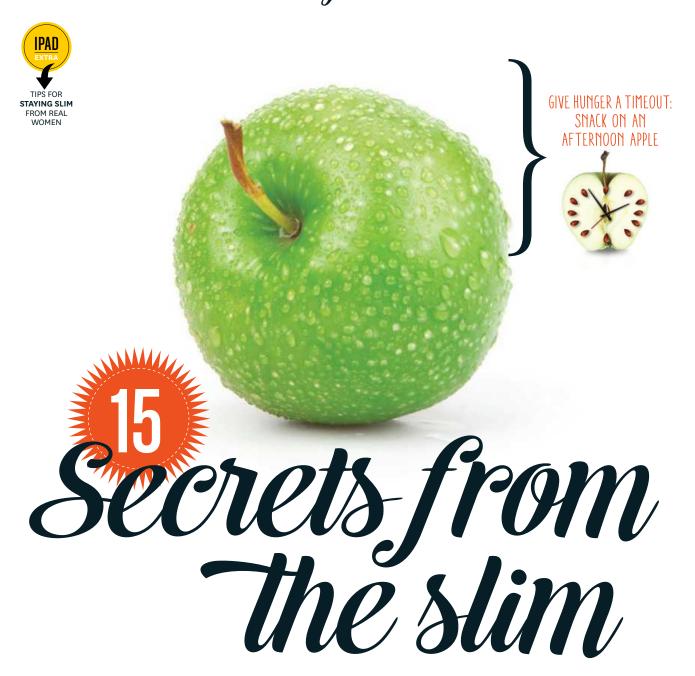
METHOD

In a Dutch oven or large heavy-bottomed pot, heat oil over medium heat. Brown sausages all over; remove to plate. Add onion to same pot; fry, stirring, for 1 minute.

Add cabbage, apple, broth, vinegar, mustard, caraway seeds, salt and pepper; cook, stirring occasionally, until cabbage wilts, about 10 minutes.

Return sausages and any juices to pot. Cover and simmer, stirring occasionally, until cabbage is tender and hardly any liquid remains, about 30 minutes. Stir in parsley.

Per serving: 272 calories, 23 g protein, 12 g fat (3 g saturated fat), 19 g carbohydrates, 5 g fibre, 90 mg cholesterol, 539 mg sodium



We asked the experts – and a few real-world weightloss winners – for the absolute tried-and-tested truths about slimming down (and staying that way). What really works? We've got 15 must-try diet tips to get you on the road to your ideal weight.

by LISA KADANE

THERE AREN'T ANY MAGIC

weight-loss foods (sorry, grapefruit!), but there are specific dietary habits – we call them "diet dos" – that work for most people.

Some of them might not come naturally at first (eating breakfast) and others may require a bit more effort (keeping a food diary), but stick with them for real results (no smoke and mirrors – we promise!).

EAT AN AFTERNOON SNACK What derails mos people's daily diet says health coach and registered

DRINK ONLY

CALORIES THAT

YOU REALLY LOVE

And even then,

else transcription and the else transcription an

you need to feel

Fail and How to

Make Yours Work.

Skip flavoured cof-

fee drinks, pop and

juice as much as

satisfied, says Yoni

Elrebelsioffex poettion-

Daieta Titch of Info

What derails most people's daily diets, says health coach dietitian Hélène Charlebois, is the witching hour after 4 p.m., when cravings set in and lead to bad food choices. Keep hunger in check with a sensible afternoon snack, such as an apple with peanut butter or vogurt and berries. And don't worry about spoiling dinner come 6 p.m. "You want to ruin your supper - not to the extent that you won't eat but enough that you'll

3

EAT BREAKFAST

What your mother told you is true: Breakfast is the most important meal of the day. And research backs this up: Eating a healthy breakfast, especially one high in protein, reduces hunger and increases satiety throughout the day. In fact, 78 percent of participants in the National Weight Control Registry (which tracks more than 10,000 individuals who have lost an average of 66 pounds and kept the weight off for more than five vears) break their fasts shortly after waking up.

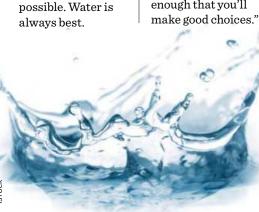
SATISFY WITH FAT

It seems counterintuitive, but healthy fats, including monounsaturated fat, polyunsaturated fat and omega-3 fatty acids (found in foods such as olive oil, walnuts and salmon, respectively) can help control weight because they make you feel satisfied says Desiree Nielsen, a registered dietitian and author of Un-Junk Your Diet. "You definitely want them as part of a healthy diet." (Just pay attention to portions.)



PLAN AHEAD

fashigused no spoend Sundays batching soups or writing out a meal plan and grocery list, but the real-life women we spoke with plan their week in food to some extent. It takes more time than making a blind grab from the fridge, but it's worth it.



WEB | SEVEN THINGS ARE SECRETLY MAKING YOU GAIN WEIGHT!
BONUS | FIND OUT WHAT AT BESTHEALTHMAG.CA/SECRET-WEIGHT

FILL HALF YOUR PLATE WITH **VEGGIES FIRST**

Then serve yourself protein (starch comes last). This formula works because vegetables are filling and nutritious and have fewer calories than meat and pasta. "If we focus on eating less, we'll feel deprived," says Nielsen, "but if we focus on eating more healthy foods, such as vegetables, it's a very positive, beneficial habit that's a lot easier



COUNT PORTIONS. **NOT CALORIES**

Counting calories is a short-term fix, not a lifelong solution. It takes the joy out of eating and often leads you to less healthy choices because they have a lower calorie count. For example, you might choose the 100-calorie snack pack of diet cookies instead of the quarter-cup of nutrient-dense almonds simply because it packs an extra 130 calories. In the long run, though, the nuts are a healthier choice because they're also loaded with minerals, vitamins and good-foryou fats.



GO NUTSI

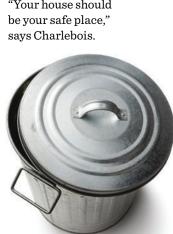
TO FILL UP

ALMONDS ARE

A HEALTHY WAY

REMOVE YOUR DANGER FOOD FROM THE HOUSE

We all have a trigger food - the one that tempts us into eating the whole tub (ice cream), bag (potato chips) or box (chocolates). If it's not in the pantry or fridge, you can't eat it on a whim. "Your house should be your safe place,"



GIVE YOURSELF TIME

Whatever diet you choose, or whatever changes you make, give yourself a chance to build your skills (including cooking and meal planning) and allow time to see results. "Take a flying leap at change and you'll hurt your face. Take small steps and you might actually get somewhere," says Freedhoff.

COOK YOUR OWN MEALS

Take the time to prepare food using fresh ingredients. Don't like to cook? Start gradually by eliminating one restaurant meal per week. "Cooking on your own tends to lower the salt, sugar and fat content in your food, all of which will have a slimming effect," says Freedhoff.



TIN IS IN! TUNA AT LUNCH OFFERS LASTING

ONLY MAKE CHANGES YOU CAN LIVE WITH - FOREVER

One reason diets fail is because people often take an extreme approach that's not sustainable. Says Freedhoff: "There's no diet on the planet that hasn't worked for at least one person. The key question to ask yourself when you're evaluating a diet is, 'Do you like it enough to actually keep living with it?""

INCLUDE PROTEIN AT EVERY MEAL AND SNACK

Protein helps with fullness and satiety. "The fuller you feel, the less you eat," says Freedhoff. Eat fruit and nuts for a morning snack, add tuna or beans to a lunchtime salad, and choose carrots with hummus as an afternoon snack.

LIVE (AND EAT) BY THE 80-20 RULE

Diets fail in part because we expect perfection. But if you're eating fruits, veggies and protein 80 percent of the time office 20 meyou can have the treats you truly enjoy, like a few squares of dark chocolate or ther out asional din-



BULK UP

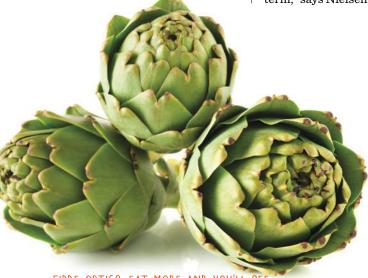
Fibre keeps you regular, but it also helps you feel full and, perhaps most importantly, slows the rate at which your stomach empties its contents. "That gives you a more moderate increase in blood sugar, which helps maintain energy and decrease appetite for the long term," says Nielsen.

11

KEEP A FOOD DIARY

The simple act of recording what you eat can have a big lospadaon areightgardless of which program you're on, keeping a food diary - as long as it's done non-judgmentally is very useful," says Freedhoff. It makes fool of forced minodees (you'll rethink that bag of chips if you have to write it down), exposes food groups you're missing and helps you see emotional triggers that can jeopardize your efforts.





FIBRE OPTICS: EAT MORE AND YOU'LL SEE CHANGES FASTER





WE CAUGHT UP WITH...

Jeremy Charles, co-owner and chef of the award-winning restaurant Raymonds in St. John's, for his take on everything from favourite kitchen tools to sustainable eating by RENÉE SUEN



CANADIAN CUISINE IS EXPERIENCING A SORT

of renaissance, garnering international attention for its unique, regionally focused flavours. Leading the charge is Jeremy Charles, who spent a decade training and cooking outside Newfoundland and Labrador and returned to St. John's after realizing there was an abundance of naturally organic, sustainable, high-quality ingredients that were largely unsung. At his awardwinning restaurant, Raymonds, in St. John's, the chef and co-owner focuses on fading traditional recipes and Newfoundland ingredients, including wild game such as moose, wild hare and even seal. Besides the thoughtful food served, everything else at the waterfront restaurant - homemade sea salt, custom plates made by a potter down the street, and flower arrangements composed of plants harvested from the bogs of Newfoundland - creates a distinct sense of place.

We ask the celebrated chef about his best food experiences, responsible and sustainable seafood and how he is reinterpreting rustic East Coast cuisine to suit the taste buds of a demanding audience.

BEST... FOOD MEMORY

My fondest memory was spending time with my grandparents at our summer home. We'd eat from the garden, land and sea – mostly codfish and snow crab. They were just simple meals that my grandma would prepare, but they really resonated with me. We would have pease pudding (split peas cooked in a bag), stuffed ravioli, and smoked pork hock (or traditionally with salted pork) for Sunday dinner. We kind of transformed that into a pasta dish at the restaurant with

smoked pork hock jus, carrot, onion, turnip and stuffed pease pudding agnolotti.

BEST... NO-FAIL DISH

I've got a few, but I always love having fresh codfish at home. When fish is fresh and beautiful, there's hardly anything you need to do to it, so I just make a simple stewed codfish with potatoes and onions.

BEST... TIPS ON HOW TO EAT SEAFOOD RESPONSIBLY

For the average consumer, it's great to have codfish, but maybe try something off the beaten path. It's always nice to be a little adventurous and create more of a demand for fish that's not always on the menu. We have such a wide variety of beautiful seafood out there that needs to be looked at and showcased. For chefs, it comes down to listing other fish options and creating dishes with seafood that may not be as common as others, like whelks, sea urchins and things that don't show up in the market, or that we might have only seen our grandmothers cook.

BEST... KITCHEN TOOL

I can't live without my sauce spoon. It's an antique that I picked up here in Newfoundland 10 years ago, and I've never seen another one since then. I carry it everywhere I go. It's the all-around perfect spoon for me – it is shaped like a clover and contains the perfect amount of sauce. I use it for saucing and for basting fish. I have an addiction to antique silver spoons (I've got a lot of them), but that one is definitely my favourite. **



For those on the go, try this delicious heart-healthy recipe.

Pork Souvlaki-Style Pita

Preparation Time: 15 minutes (plus time to marinate)

Cook Time: 10 minutes

Makes 4 servings.

Ingredients:

Marinade

1 lb (450 g) Ontario pork loin, cubed 1" x 1"

1 Tbsp (15 mL) olive oil

Juice of 2 lemons

5 cloves garlic, minced

3 Tbsp (45 mL) dried oregano

Tzatziki Sauce

1/2 cup (125 mL) 0% Greek yogurt 1/4 cup (60 mL) cucumber, grated

1 clove garlic, minced

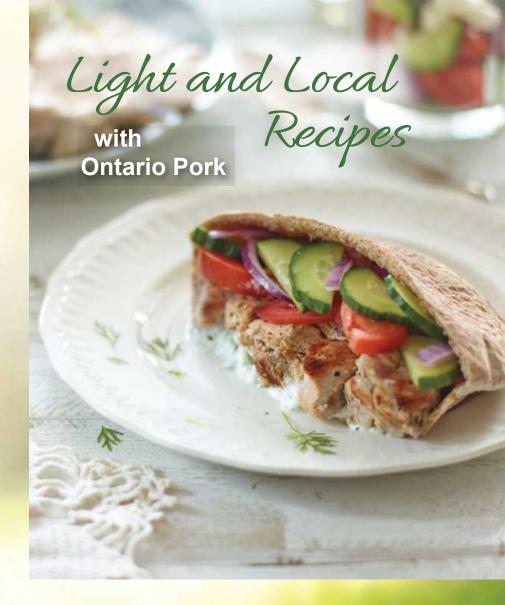
1/2 tsp (2 mL) fresh dill, minced

1/8 tsp (1 mL) black pepper

2 whole wheat pitas

1/2 cup (125 mL) EACH sliced cucumber, onion, tomato

ontariopork.com/recipes



Instructions:

- In a resealable bag, combine cubed pork loin, olive oil, lemon juice, garlic and oregano. Massage the pork till the ingredients are well combined and the pork is well coated. Marinate in the refrigerator for 2-24 hours.
- 2. Tzatziki Sauce: In a bowl, mix together yogurt, cucumber, garlic, dill and pepper. Stir to combine, cover and leave in the fridge until ready to serve.
- Soak wooden skewers in water for at least half an hour. Thread the marinated pork cubes onto the wooden skewers. Preheat grill to medium-high heat. Grill the pork skewers for around 10 minutes, 5 minutes on each side, or until an internal temperature of 160°F (71°C) has been reached.
- 4. Serve pork souvlaki on half a toasted whole wheat pita with sliced cucumber, onions, tomatoes and tzatziki sauce.

Tip: Buy your tzatziki sauce at the store to make this easier, but remember to take a look at the nutrition facts table for lower sodium and lower saturated fat options.

Per serving: 323 calories; 31 g protein; 8 g fat (2 g saturated fat; 0 g trans fat; 64 mg cholesterol); 35 g carbohydrate (5 g fibre; 9 g sugars; 0 g added sugars); 463 mg sodium; 1092 mg potassium





WEB BONUS

THE FAMILY THAT PREPS TOGETHER, EATS TOGETHER. GET FAMILY-FRIENDLY RECIPES AT BESTHEALTHMAG. CA/FAMIY-MENUS

by ABBEY SHARP, REGISTERED DIETITIAN

THE KIDS ARE BACK IN SCHOOL, YOU'RE PLAYING

catch-up from vacation, and it seems there are a million tasks on the to-do list above planning healthy and creative lunches, dinners and snacks. Don't worry: Busy weekday meals don't have to mean boring leftovers, greasy takeout or the same old recipes on repeat. I've done your weekday menu planning for you, using my top five back-to-school staples. They're sure to fuel your family from nine to five.

FENNEL

WHY TO TRY While Europeans have been citing fennel as a digestive aid for centuries, its benefits extend beyond relieving post-dinner bloat. One 25-calorie cup of this crunchy veggie packs 10 percent of your daily potassium needs – an important mineral for reducing elevated blood pressure. While that doesn't mean you can undo the damage of a bag of chips by eating a bulb of fennel, research suggests that low potassium plays as much of a role as excess sodium in your risk of hypertension and stroke.

How to try A roasted fennel and white bean dip is a delicious and nutritious snack. Heat 2 tablespoons olive oil in a non-stick skillet over medium heat and sauté 3 cloves of garlic with 1 large halved, cored and roughly chopped fennel bulb. Once browned, add ½ cup water and simmer until the water evaporates and the fennel is softened, about 5 minutes. Purée the fennel and garlic with 1 (15 oz) can of no-salt-added cannellini beans (drained and rinsed), the zest and juice of ½ lemon, ¼ tsp chili flakes and a pinch of salt. Spoon into small containers, along

with crunchy slices of raw fennel, to get you through that inevitable 3 p.m. energy dip. Serves 6 to 8.

PERSIMMON

WHY TO TRY With their bright orange hue, persimmons are obviously an excellent source of vitamin C, but they're heart-healthy, too. In fact, persimmons beat apples when it comes to their heart-healthy benefits: They are packed with twice as much fibre, antioxidant-rich phenolics and tannins and contain doses of electrolytes, magnesium, calcium, iron and manganese. Research has cited persimmons as one of the top foods for reducing your risk of heart attack and stroke.

HOW TO TRY Persimmon chia pudding is an easy (and nutritious) weeknight dessert. Whisk together 1 cup unsweetened vanilla almond milk with 1 cup plain Greek yogurt, ½ cup chia seeds, 2 tablespoons honey and a pinch of cinnamon. Cover and refrigerate overnight. Meanwhile, slice 4 hachiya persimmons in half and purée in a food processor. (If they're not already fully ripe, place them in a paper bag with an apple for a day or two until their flesh is soft.) Spoon the chia pudding into individual bowls, layer with persimmon purée and top with 1 tablespoon toasted shaved coconut. Serves 4.

CAULIFLOWER

WHY TO TRY Vegetables from the brassica or cruciferous family, including cauliflower, are the richest source of a sulfur-containing compound called glucosinolate, which

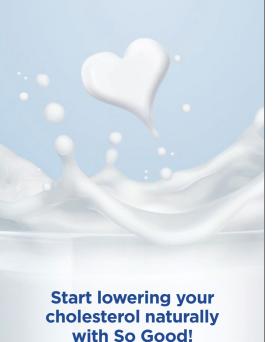


SOMETIMES FOOD CAN REALLY SPEAK TO KIDS.

Momo just know.



Lowering cholesterol is So Good for your heart.



A 250mL glass of So Good fortified soy beverage gives you 25% of the daily amount of soy protein shown to help lower cholesterol. -Health Canada, March 2015



generates metabolites with DNA-protective properties. A number of studies have linked a high consumption of brassica veggies to a reduced risk of lung, stomach, breast, colon and prostate cancers. Cutting your cauliflower into small pieces to release the activating enzyme and enjoying it lightly steamed or raw will help protect the delicate nutrients and provide the best access to those cancer-fighting compounds.

How to try: Whip up a cauliflower couscous by pulsing ½ head of cauliflower in a food processor until it forms a granular consistency. Lightly steam the cauliflower, along with 2 cups spinach, in a covered pan with 2 tablespoons water for 2 minutes. Mix together 3 tablespoons each balsamic vinegar and olive oil, along with 1 teaspoon each Dijon mustard and honey. Mix together the cauliflower, spinach, 1 cup cooked whole wheat Israeli couscous (prepared according to package directions), 3 diced figs, 1 oz sliced toasted almonds and 1 oz crumbled chèvre. It makes a deliciously light supper, and leftovers keep well in the fridge. Serves 4.

PART-SKIM RICOTTA

WHY TO TRY Not only is it loaded with bone-building calcium but ricotta is also good for muscle growth and recovery. That's because it contains fast-acting whey protein, along with a natural source of muscle-soothing branched chain amino acids. Taken together, ricotta provides the same powerful combo sold in the pricey powders and shakes that fitness experts recommend to athletes and sports enthusiasts.

How to try Jazz up your usual pasta salad with a rich-tasting ricotta-based kale pesto sauce. To whip up the dressing, remove the ribs and roughly chop 8 oz kale; blanch kale in a large pot of salted water. Once limp, plunge the kale into ice water, then drain and pat dry. Purée kale with ½ cup toasted almonds, 1 cup partly skim ricotta, 3 tablespoons of extra-virgin olive oil, 2 cloves garlic, 2 teaspoons lemon juice and salt and pepper to taste. Toss with 12 oz cooked fusilli pasta, 3 cups steamed broccoli florets and ¼ cup rehydrated sun-dried tomatoes. Pack into Mason jars for a killer lunch that even the kids will eat. Serves 4.

WILD RICE

WHY TO TRY You may know it's a gluten-free alternative to wheat, barley and spelt, but did you know that wild rice can also help you manage your weight by curbing cravings? Despite the misleading name, wild rice packs almost twice as much protein and three times as much fibre as traditional long-grain white rice. Studies suggest that foods with the powerful hunger-crushing combination of protein and fibre can help you avoid junky temptations and feel satisfied for longer.

How to try Wild rice wraps are a fun alternative to family taco night and, in this version, they're low-carb, too. Here's how: Plunge 4 large Swiss chard leaves into a pot of salted boiling water for 30 seconds, then transfer to ice water before draining and drying. Meanwhile, bring $1^{1}/2$ cups water to a boil and stir in 1 cup wild rice. Reduce heat and simmer, covered, for 40 to 45 minutes. Let cool. Lay the chard wraps down in front of you with the rib vertical to your body. Divide the cooked wild rice between wraps and fill each one with 2 thin slices of apple, 1 tbsp dried cranberries, 2 oz shredded cooked chicken breast and 1/2 oz chèvre. Making sure there is a 1-inch border all around, fold the long side of the leaf toward the centre rib and roll it away from you, tucking in the edges as you roll. Serves 4. θ r





SO LONG,

Before your next "pass the salt" encounter, learn how much sodium is too much and what you can do about it. It may just save your life.

by ALISON KENT



enhance taste and act as a preservative. It's also an ingredient in all types of salt, from table salt and kosher salt to sea salt and pickling salt.

Healthy adults need around 1,500 milligrams of sodium per day, or the equivalent of just over half a teaspoon of table salt. Currently, the average Canadian consumes about 3,400 milligrams per day – more than double the actual requirement!

Too much sodium in our diet can be a major risk factor for high blood pressure (hypertension), which, in turn, increases our risk of heart disease and stroke. It has also been linked to an increased risk of kidney disease, osteoporosis and stomach cancer.

About 20 percent of Canadians have hypertension; of those, about 30 percent have hypertension due to elevated levels of sodium in their diet. It's the number one preventable risk factor for stroke. The good news is, if you lower your sodium intake, you can also lower your blood pressure.



HOW TO SHAKE THE SALT?

While it's a seemingly easy fix to back away from that salt shaker, the simple truth is that most of the sodium in our diet comes from processed and packaged foods. Sodium is hidden in the form of food additives and monosodium glutamate (MSG), both in the grocery store and restaurants, so eliminating these culprits from our diet, or reducing and selecting wisely is key. Check sodium levels on nutrition labels before buying, and look for foods with less than 360 milligrams of sodium per serving.

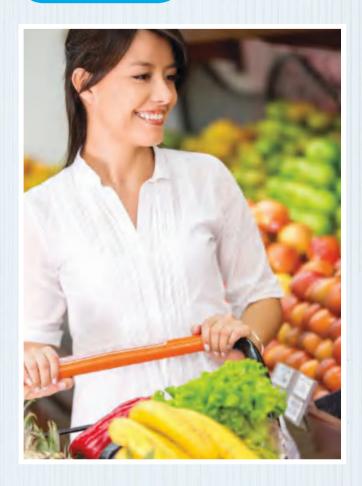
When eating out, check the menu, ask your server for lowersodium recommendations or request that your dish be made without salt.

Avoid processed and cured meats, such as corned beef, pancetta, prosciutto and pepperoni, and skip sauces and gravies or, at the very least, have them served on the side for better portion control. Same goes for salad dressings and condiments.

And keep in mind that there are a number of foods with significant sodium levels – whether added or naturally occurring –

116 SEPTEMBER 2015 **best health** www.besthealthmag.ca





SHOPPING FOR BETTER NUTRITION

The Guiding Stars program helps you easily decode the nutritional value in individual foods, so you can make balanced choices as you fill your grocery cart.

Here's how it works: let's say you're shopping for crackers. Those with whole grains, high fibre, low fat or low sodium might have one, two or three Stars to show their nutritional value. That same principle applies to many other fresh and packaged foods – if you see Stars, you're seeing nutritious choices.

You'll find Guiding Stars ratings on shelf labels in front of your favourite food items in select stores, so that you can make informed (and sometimes surprising) decisions when you shop, ensuring a well balanced diet for your family.

CREDITS

- + vitamins
- + minerals
- + fibre
- + omega-3
- + whole grains

DEBITS

- saturated fat
- trans fat
- added sodium
- added sugar

MAKE THE MOST OF YOUR STARS

Guiding Stars credit foods for vitamins, minerals, fibre, omega-3s and whole grains – and debit foods for saturated and trans fat, and added sodium or sugar. The highest number of Stars any food can attain is three, but that doesn't mean a food with one or two or even no Stars is a poor choice – it's all about finding the right balance.





Pasta

PC® Blue Menu™ Fettuccine with Fibre White Pasta delivers iron and fibre, earning its 3-Star rating.



* 2

Pasta Sauce

2-Star rated PC® Blue Menu™ Tomato & Basil has 0.05 g of Omega-3 DHA and EPA per 125 ml, no added sugar and 45% less sodium than regular PC® Pasta sauce.





Ground Beef

Choose extra lean ground beef – a source of protein with less than 7.5% fat. That earns this food 1-Star!



WHEN IT COMES TO COMFORT FOOD CLASSICS, IT'S SIMPLE TO SWITCH OUT THE SALT FOR SODIUM-REDUCED SUBSTITUTES.

SWAP THIS

CANNED SOUP

A familiar and convenient staple, canned soup is often a culprit of high sodium levels.



HOMEMADE SOUP

FOR THAT

Control the salt by making your own stocks and soups. Cook in batches, then portion and freeze for future enjoyment. It's easy, it's economical and it likely tastes better, too. Or when choosing store-bought broth as a soup base, opt for one with no salt added.



SALTY SNACKS

From potato chips to pretzels, salty snacks do more than make you thirsty; they contribute to elevated salt levels in your diet, too.



POPCORN

Unsalted and fresh-popped popcorn - perhaps with a drizzle of unsalted butter is a satisfyingly crunchy snack. Get a flavour boost by tossing popcorn with black pepper and finely grated lemon zest.



LUNCHEON MEATS Those prepackaged cold cuts and luncheon meats are very likely

laden with sodium.



FRESH COOKED MEATS AND POULTRY

Cook and keep sliced roast beef, chicken, turkey, pork and lamb in the fridge for up to three days. Use them to make a myriad of enticing sandwiches and salads.



DRY MUSTARD ON BEEF AND VEGETABLES ALLSPICE OR GINGER ON SAVOURY AND SWEET DISHES

DILL ON FISH AND

VEGETABLES

PAPRIKA IN SOUPS AND SALADS

for you to be aware of. These include bacon, pickles,

canned vegetables, teriyaki sauce, soy sauce, tamari, nuts (unless unsalted), some cheeses (especially cottage

Going homemade is the best way to control just how much salt goes into your food. Replace common culprits like store-bought muffins, cakes and cookies with baked

goods made from scratch. Brush steaks, chops, ribs, chicken and fish with a little oil flavoured with minced

garlic, fresh herbs and spices before cooking. Swap frozen

fries for potatoes that are chopped, tossed with oil and herbs and baked until crisp and golden. Switch out instant flavoured oatmeal for rolled oats topped with your choice

of add-ins. Rinse and drain canned beans and lentils or,

At the dinner table, train yourself to taste your food

before adding any salt. Lacking in flavour? Experiment

with your favourite spices and herbs, or add a squeeze of

lemon or a drizzle of cider vinegar to add vibrancy to a

wide array of foods. Let variety be the spice of life and the

spice of choice when it comes to flavouring your dishes.

CHEAT SHEET

MISSING SALT? THERE ARE A WEALTH OF CREATIVE

AND FLAVOUR-PACKED ALTERNATIVES TO SALT.

SAVOUR THESE HEALTHY SUBSTITUTES TONIGHT.

better vet, replace canned beans with dried ones.

cheese), olives, sun-dried tomatoes and seafood.



Peanut butter and jelly
Summer and baseball
Batman and Robin
Canada Day and fireworks

Reader's Digest and Sweepstakes

Things that are <u>always</u> better together.



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DIRECTORY OF PRODUCTS

All products available at mass merchandisers, unless specified. Products may not be available at all times at all locations. Check with individual retailers.

Adidas: adidas.ca

Ann Taylor: anntaylor.com

Aldo: aldoshoes.com

Aritzia: aritzia.com

Aveda: Aveda salons and spas,

aveda.ca/locator

Avène: eau-thermale-avene.ca,

drugstores

Banana Republic: banana republic.ca

Bench: bench.ca

Bioderma: drugstores, bioderma.ca

Brooks: brooksrunning.com

Clinique: Clinique counters, clinique.ca

CND: available at select salons, cnd.com

Consonant: consonantskincare.com Dermalogica: dermalogica.ca

Dior: Dior counters. thebau.com

Ecco: eccocanada.com

Escents: escents.ca

Essence: Shoppers Drug Mart

Essie: essie.ca

 ${\bf Fidelity:} fidelity denim.com$

French Connection: canada.

frenchconnection com

Flower Beauty: Walmart stores

Go More: gomore.me

Icebreaker: ca.icebreaker.com

J.Crew. J.Crew. jcrew.com

Jessica: Sears, sears.ca

Joico: ioicocanada.com

John & Jenn: Hudson's Bay

Judith & Charles: judithandcharles.com

Kate Spade: theseptember.com

Kat Von D: Sephora, sephora.ca Kérastase: Kérastase Paris salons,

kerastase.ca

Keen: keenfootwear.com

Kikkerland: kikkerland.com

Kiss: Walmart stores

Le Château: lechateau.com

Levi's: levi.ca

Line Knitwear: TNT, lineknitwear.com

Loft: loft.com

Lolë: lolewomen.com

Louise Et Cie: Vince Camuto stores

M.A.C: maccosmetics.com Mackage: mackage.com

Make Up For Ever: Sephora, sephora.ca,

Make Up For Ever Boutiques

Marcelle: Pharmacies, marcelle.com

Michael Kors: michaelkors.ca

Moving Comfort: brooksrunning.com My Tagalongs: mytagalongs.com

Nars: Sephora, sephora.ca, Holt Renfrew,

Hudson's Bay, Nordstrom and Murale Nest Fine Fragrances: Sephora,

sephora ca

New Balance: New Balance stores,

running specialty stores, newbalance.ca

Nike: nike.com/ca

Nine West: ninewest.ca

Pai: usa.paiskincare.com

Roots: roots.com/ca Scarpa: mec.ca

Schwarzkopf: Schwarzkopf

Professional salons

Sentaler: sentaler com

Skechers: ca.skechers.com

SkinCeuticals: skinceuticals.com/canada

Smashbox: Shoppers Drug Mart/

Pharmaprix, Murale, sephora, sephora.ca,

smashbox.com

Smythe: Holt Renfrew

Stila: Murale, sephora, sephora.ca,

smashbox.com

S'well: swellbottle.com, well.ca,

chapters.indigo.ca

Ted Baker: tedbaker.com

Thomas Sabo: thomassabo.com/ca

 ${\bf Tristan:} \ tristan style.com$

TOMS: toms.ca.

Too Faced: Sephora, sephora, ca Urban Decay: Sephora, sephora.ca

Willow & Thread: Reitmans,

reitmans.com

 ${\bf Yoga\ Jeans:}\ second clothing.com$

AUTUMN SUPPERS

Cynthia Findlay Antiques cynthiafindlay.com PG. 4 Shell handle pewter dish, copper plate charger, small gold spoon in mason jar

PG. 101 Swiss copper ladle PG. 103 Small copper plate



SKIRTING THE ISSUE

Qualifying for must-have status, the denim skirt has matured. This fall, look for an A-line shape and a high-waisted fit that makes it easy to wear with cropped knits and long cardigans alike. A hemline that grazes just below the knees scores on-trend marks and works best with heels. Whether they're chunky or slim is up to you.

DENIM SKIRT, GAP, \$60; SWEATER, TRISTAN, \$85; JACKET, ROOTS, \$388; HEELS, MICHAEL BY MICHAEL KORS, \$228

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EVERY ISSUE WE ASK A NEW QUESTION — CROWDSOURCED CONTENT TO INSPIRE YOU!

THIS ISSUE'S QUESTION: WHAT IS YOUR BEST BUDGETING TIP?

Make a list and stick to it. Stock up when things are on sale. MARIE MYKE, BRANTFORD, ON

Utilize both coupons and flyers in weekly meal planning.
EDYTHE-ANN JENKIN, GODERICH, ON

Track all your spending over an entire month to determine what exactly you are spending money on.

MARY DANIELI, BURNABY, BC

Track your actual cash outflows and compare to the budget monthly to see where your money is going.

GARNET LEIB. FORT OUAPPELLE. SK

My best budgeting tip is to make a strict budget, and track your spending against it. It's the only way to know - and improve over - where your money is going!

RACHEL CARTWRIGHT, HALIFAX, NS

Try to shop the sales. Grocery flyers seem to rotate the usual household essentials about once a month and the savings can be huge.

SANDRA CAIRNS, HIGH PRAIRIE, AB

Live on cash. If you don't carry your debit card and you see the cash leaving your wallet you will make much smarter choices with your money.

SARAH CORNER, BROCKVILLE, ON

ANSWER THIS QUESTION:

TELL US ABOUT YOUR FAVOURITE CHRISTMAS TRADITION

ANSWER AND YOU COULD WIN!

Answer our next question for a chance to win one of three (3) Sisu prize packs valued at \$60. Sisu Mini Vits, Ester-C chewables, and delicious Ohso probiotic chocolate are 3 nutritious ways to help your kids be happy, healthy, and ready to go back to school! To enter, go to besthealthmag.ca/contests/bestforlast or facebook.com/besthealth



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SHUTTERSTOCK



This little thing will take you a THOUSAND sniffs away.



Gain flings, with 50% more scent than Gain liquid laundry detergent. Now in Tropical Sunrise.

Like any household detergent, keep away from children.





